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WIN... A PAMPER YOUR SENSES PACKAGE
Senses... skin care centre
Beauty and Skin Care

Support grows for Iberian federation
A growing minority in Portugal is backing the creation of an Iberian federation whereby the country will almost become one with its only neighbour. (See Page 3)

Work on new Portimão shopping centre begins
Only now are there visible signs of construction taking place on the latest shopping centre to take shape in Portimão, but already it has been sold on to two major investment and real estate funds, Klépierre and Generali. (See Page 9)

Multi-million euro Algarve tourism boost
The Algarve has been granted a €100 million credit to support the region's tourism through the current economic crisis, Portugal's Minister for Economy, Teixeira dos Santos confirmed this week. (See Page 20)

Central Portugal expats lead motorway protest
Hundreds of people from central Portugal and beyond have signed a petition against the alleged construction of a new motorway between Tábua and Seia, which residents from those areas fear will destroy more than a thousand kilometres of a Protected Nature Area and expropriate up to 800 people, both foreign and national. (See Page 56)

Weekend weather
Lisbon: Some cloud cover is expected for the capital this weekend, with thermometers sitting in their mid-20s. **Faro:** It will be slightly cooler in the Algarve this weekend, with maximums dropping to just under 30º. **Oporto:** The North will see temperatures in the mid 20s with low cloud cover and a chance of rain on Saturday.

Upcoming holidays in Portugal
August 15. Some shops and offices may be closed.

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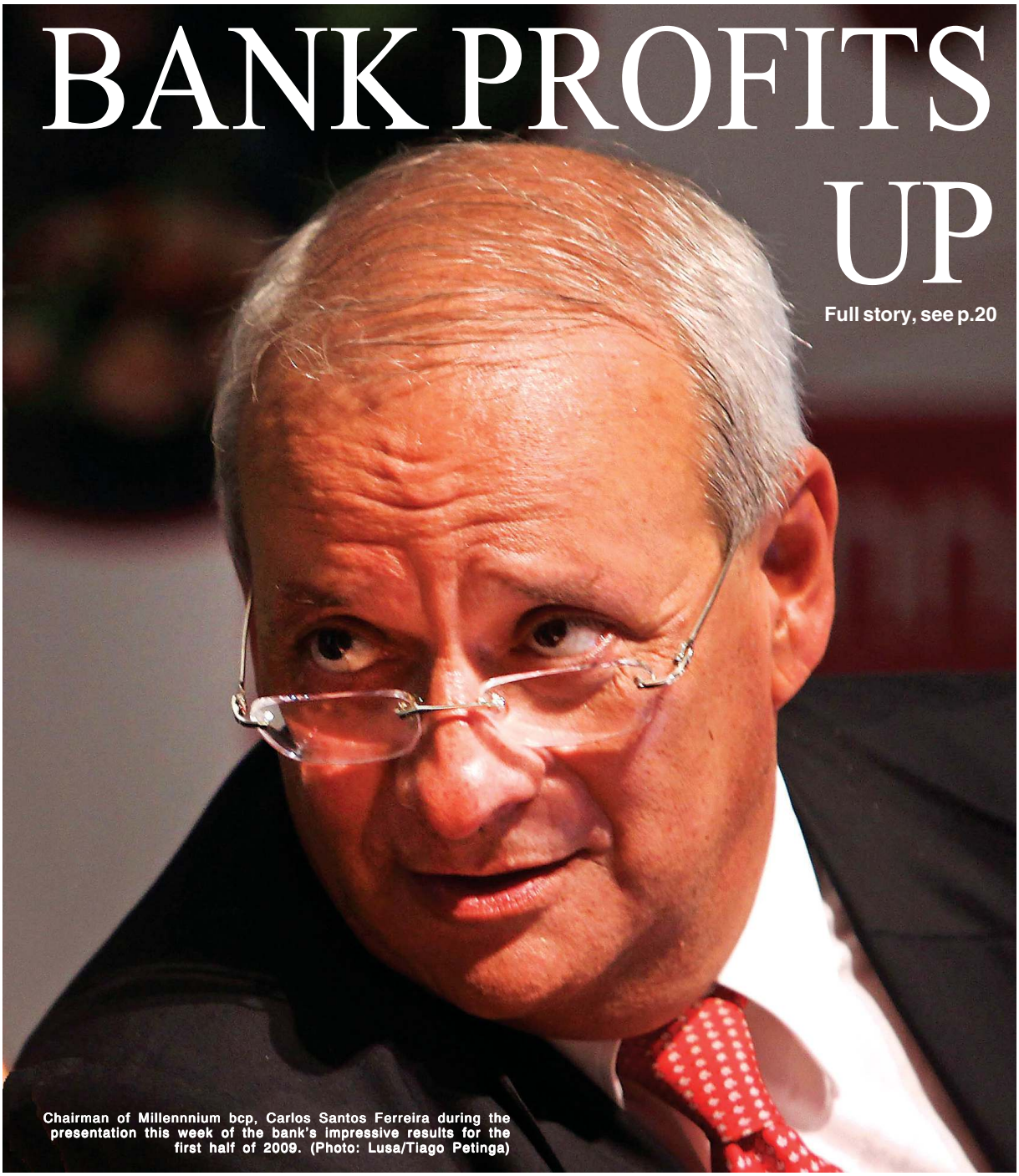
Portugal's biggest private banks recording profits of around €4m a day in 2009

BANK PROFITS UP

Full story, see p.20



Chairman of Millennnium bcp, Carlos Santos Ferreira during the presentation this week of the bank's impressive results for the first half of 2009. (Photo: Lusa/Tiago Petinga)

THE PORTUGAL News

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Government looks to offer €200 per baby

Portugal's Socialist Party (PS) has this week put forward an electoral programme that includes the proposal of €200 for every baby born, to be put into a savings account, in the hope of encouraging a baby boom.

Included in PS's programme is the proposal that for each baby born in Portugal a savings account will be set up with €200 that the child will have access to only when they reach the age of 18.

The account will benefit from interest rates that are the same as any other current young person's savings account.

It is hoped that this will encourage families to have children, or to add to their families, in the hope of upping Portugal's dwindling birth rate.

According to daily newspaper *Jornal de Notícias* this proposal was part of the Government's electoral programme, which is called 'Moving Portugal Forward 2009-2013'.

Reportedly, this type of incentive has been adopted by many European countries whose birth rates are in decline. In 2007 Spanish Prime Minister José Luis Zapatero implemented an identical measure but with a subsidiary of €2,500 per birth.

Consumer watchdog association DECO analysed the proposal and calculated that in 18 years from now a €200 deposit would make an additional €300in interest and total in at around €500.

Ana Fernandes, the mother of baby Ana Beatriz who was born at midnight on 1st January this year in the Júlio Dinis maternity unit in Oporto. (Photo: Lusa / João Abreu Miranda)

Hotels and restaurants advised how to cope with Swine Flu

A booklet by the national Hotel and Restaurant Association has been published to offer advice to those who work in the hospitality industry on how to avoid dissemination of the A H1N1 flu virus.

In the guide it is suggested that, to avoid spreading the A H1N1 flu virus, little changes in the way patrons are welcomed and served should be made.

For example, the guide suggests the traditional handshake should be replaced with a bow and that while coffees or drinks are being served customers should not wait at the counter and should instead be seated.

It contains a number of recommendations to professionals in the trade, highlighting key points like hygiene and behaviour. Other practical rules for those in housekeeping, maintenance and room cleaning are also offered.

António Condé Pinto, executive president of the Portuguese Association for the Hotel, Restaurant and Tourism Trades (APHORT) said: "We are strongly recommending an alteration in employees' behaviour with a view to totally protecting all food and equipment".

"Leaving cups of coffee and saucers on top of a counter while waiting to be served is something we completely discourage at this present time, as one person could sneeze on it and another will drink it", he explained.

António Condé Pinto stressed "this is a stern wake up call for people who work in these industries, which now needs extra attention.

Of the guide, which follows recommendations by the World Health Organisation (WHO), he said "It is just advice but we will also distribute a set of rules, free of charge, if requested. Then each company is free to adopt it because we think this situation is serious enough for businesses to give their employees clear orders that must be obeyed as this is a matter of public health".

First top flight football swine flu case

The Olhanense football team, who were promoted to the Portuguese Super League this season, have confirmed that their Senegalese player, Gomis, has contracted the A H1N1 virus. The whole squad has since been medicated to prevent an outbreak and training returned to normal on Wednesday.

The finding was made by the team's chief of medical officer, Veloso Gomes, who dispelled further cause for concern, saying team training had restarted on Wednesday, days after the player's condition was detected.

The player began demonstrating swine flu symptoms prior to the friendly match against Portimonense on Saturday and was immediately set aside from his colleagues. On Sunday he was examined at Faro Hospital, where his illness was confirmed as the A H1N1 virus.

All the other players, technical team and others who might have been in contact with the Senegalese player were treated with the anti-viral Tamiflu and sent home.

The team doctor reminded people that footballers are a risk group for contracting the A H1N1 virus as they are in contact with lots of people: "There have been cases in other competitions and at the Lusophone Games, but the tendency is that it will increase. Those managing sport must be prepared for cases where several athletes might contract the virus."

Support grows for Iberian federation

A growing minority in Portugal is backing the creation of an Iberian federation whereby the country will almost become one with its only neighbour.

The respective chairmen of the Portuguese and Spanish Football Federations, Gilberto Madaíl (R) and Angel Maria Villar in a jovial mood as they announce the bid by Portugal and Spain to jointly host either the 2018 or 2022 World Cup. (Photo: Lusa/Inácio Rosa)

Forty percent of Portuguese are in favour of a 'merger' while 30 percent of Spanish share similar aspirations a study conducted by the University of Salamanca and Portugal's Centre for Research and Studies of Sociology, whose findings were published this week, has discovered.

Just under a fifth (18.5 percent) of those interviewed in Portugal were "strongly" against a federation (only 7.5 percent of Spanish shared this view) while 34.1 said they disagreed, but dispensed with the use of any adjectives to describe their opposition to such a move.

A total of 876 respondents were questioned by researchers, with fewer than one percent of either nation believing bilateral relations were very bad.

Amongst Portuguese, 54 percent believed relations had improved, while 51 percent considered them to have remained largely unchanged.

As far as disagreements are concerned, 45 percent of Portuguese say control of river water is a cause for concern between the two nations. Only six percent of Spanish shared this concern.

Removing geographical borders failed to raise concerns amongst most respondents, though 34 per cent of Spanish and 25 per cent of Portuguese interviewed expressed some level of opposition against such a move.

The Iberian study also concluded that 85 percent of the Portuguese questioned believed the teaching of Spanish at schools should be optional, in comparison to the 67.7 percent of Spanish who said the teaching of Portuguese in their country should also remain as an option on the school curriculum.

In a chapter dedicated to what the Spanish and Portuguese know about each other, 54 percent of the Portuguese knew José Luís Zapatero was the Spanish Prime Minister, while only 1.2 percent of the Spanish knew José Sócrates is his Portuguese counterpart.

Seven percent of the Spanish surveyed were able to correctly name the President of the Portuguese Republic; in Portugal 11 percent correctly identified Felipe II as the King who unified Portugal and Spain.

Footballers Luís Figo and Cristiano Ronaldo and Nobel Prize-winning writer José Saramago are, according to the survey,the most famous Portuguese personalities in Spain, while here in Portugal the most widely-recognised Spanish counterparts are singer Júlio Iglesias, King Juan Carlos and Princess Leitizia.

When asked the date that Portugal regained democracy, almost 70 percent of the Spanish either didn't know or didn't answer, though 10 percent rightly said 1974.

Asked the same about Spain, 72.2 percent of the Portuguese couldn't or didn't answer.

More Portuguese (55.4 percent) accurately identified the colours of the Spanish flag (red and yellow) than the percentage of Spanish who knew the Portuguese flag is predominantly green and red (42 percent).

Eight percent of the Spanish knew what Portugal's current population is, while no Portuguese participants correctly answered the same about Spain, which has a population of 46 million people.

Two years ago, Portuguese Nobel laureate José Saramago sparked controversy when he suggested that Portugal will be absorbed by Spain as the result of socio-political evolution.

"It is inevitable that we will end up joining with Spain", the author of Blindness said.

The acclaimed writer has lived on the Spanish island of Lanzarote for the past decade and said at the time an Iberian Peninsula counting a joint population of 56 million would benefit both countries.

He enforced a self-imposed exile from Portugal in the early 1990s when he fell out with the social democratic government over the publication of his novel, The Gospel According to Jesus Christ.

Saramago stressed that Portuguese would not lose their identity, culture or language by becoming one with Spain, using the Catalans and Basque people as examples of co-existence in Spain.

The Nobel laureate married Spanish journalist Pilar del Río in 2007.

Another poll, published at the time by Spain's Tiempo magazine said close to half of Spaniards would be willing to unite with Portugal, under the condition that Madrid is the capital of 'Iberia' and that Portuguese 'swear allegiance' to the Spanish royal family.

But perhaps the best example of growing unity between Portugal and Spain is the recent joint bid by the two countries under the Iberian 'flag' to host either the 2018 or 2022 World Cup.

While football and politics are worlds apart, Portuguese acceptance of a Spanish city hosting the World Cup Final will be seen by many observers as a significant concession should the issue of an Iberian federation be tabled in the future.

Spanish students increase four-fold

The number of students opting to learn Spanish as part of their curriculum has increased four-fold over the past three years, with the majority of students opting for Spanish over other languages like French not only as it is 'easier', but also because it allows more career opportunities.

Last year almost 50,000 students were learning Spanish, and in Spain there are an increasing number of students choosing to learn Portuguese from as early on as primary school age.

In Badajoz and Cáceres, nine schools include Portuguese in their curriculum.

In three years the number of Portuguese students learning Spanish has soared from 13,993 to 49,873, the Ministry of Education revealed recently.

In 2005 there were just 5,267 students in Portugal learning Spanish as part of their national curriculum.

It has transpired that more and increasingly younger pupils are choosing to learn Spanish as their second language, with 36,662 preparatory school-aged children being enrolled in Spanish lessons in the 2008/09 school year, in comparison to 13,211 secondary school-aged students opting for Spanish.

In schools throughout the Alentejo Spanish is becoming the second most sought-after foreign language to learn, being preferred over French.

During the 2007/08 school year 1,675 seventh-year students opted to learn Spanish in that region. During the 2008/09 school year, that number has almost doubled to 2,467.

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Farmers protest against industry 'chaos'

Farmers from Baixo Mondego and Gândaras demonstrating on Monday and Tuesday in Coimbra including a slow tractor drive between Montemor-o-Velho and Coimbra. (Photo Lusa / José Luis Sousa)

Hundreds of farmers gathered to drive their tractors and other farm vehicles in a 30-kilometre slow moving protest against the state of "chaos" that they believe is affecting their industry in Baixo Mondego.

Around 100 farm vehicles of all shapes and sizes, including 50 tractors, left Montemor-o-Velho at approximately 17h00 to drive the 30-kilometre stretch along the EN111 to Coimbra.

They were accompanied along the entire route by local police.

Farmers organized the protest against the crises within the farming industry, namely the milk, rice, potato and corn sectors, caused by difficulties in selling products and falling prices, causing farmers to anticipate a scenario of "social unrest" in September.

"Farming in the Baixo Mondego and Gândaras is on the verge of chaos. I hope we don't reach September and find we have a scenario of social unrest, where the situation is blown beyond repair", said Carlos Laranjeira, head of Portugal's Rice-Growing Association and one of the protest's main organizers. Highlighting their point he revealed that in 2008 corn production in the region "suffered losses of €795 per hectare" and the milk industry "is now suffering brutal financial downturns".

He stressed "And if the milk sector stops today, it won't just pick up again tomorrow because cows are not machines. They can't be turned off. They need to be milked every day and given the price that milk is being sold at, farms everywhere are having to close down".

The same, Carlos Laranjeira claimed, is happening with potatoes.

"A large part is left unearthed as harvesting them is more expensive than what is being paid for them".

Aimed mainly at the Government the protest singled out Agriculture Minister Jaime Silva as the culprit. Farmers donned T-shirts which were emblazoned with comical portraits of Minister Silva's face, along with the word "liar".

Carlos Laranjeiro disregarded the Minister possible intervention by claiming, "I will not appeal to Minister's Jaime Silva as I no longer have faith in him. My plea is directed at the Prime Minister as he is in charge".

Fire fighters saving Portugal

This year fire fighters have been more than successful in their mission to protect Portugal from the devastating effects of summer fires and have ensured minimum damage through the summer so far, as well as protecting the country through the three sweltering heatwaves experienced so far.

Portugal's State Secretary for Civil Protection, José Miguel Medeiros, has expressed his praise for the country's fire-fighters, saying they have "responded well" to incidents so far this summer and managed to stop fires that otherwise could have got out of control, despite being faced with three intense heatwaves and "very strong winds".

José Miguel Medeiros said during a press conference that, despite weather conditions this summer being different to those experienced from 2003 to 2005, when Portugal suffered some of the most devastating fires in its history, meteorological conditions this year have been worse than last year and the year before but response units have been effective.

"Response units have really been put to the test this year. We had three heatwaves between May and June and at times we had to deal with strong winds, but the units prevented fires from reaching vast dimensions", he said.

The State Secretary reiterated how, of the 20,000 hectares that have been burnt this year, more than half of those happened in March, when response units were not at their strongest.

"Even so, during this year's Alfa phase we were able to effectively respond with what was available, with our helicopters. At one point we extinguished 300 fires in one day".

In Portugal the risk of forest fires throughout the year is assessed in four phases, Alfa (January – March), Bravo (April – June), Charlie (July – September) and Delta (October – December).

During phase Charlie this year more than 10,000 men and women, 2,000 vehicles and 56 aircraft are at the ready to respond to fires.

Fuel more expensive on motorways

Fuel being sold at stations on motorways is being sold at prices that are higher than in service stations elsewhere in Portugal, consumer watchdog association DECO has warned, putting this phenomenon down to a "lack of real competition".

DECO has issued a clear warning to its readers, "when possible, fill up before getting on a motorway".

Members of the Association travelled the length of the A1 and the A8 motorways to see if the new panel system, which provides information and comparisons of the various prices of fuel in upcoming stations, was in full swing. In total 18 panels were checked.

It was found that, despite being compulsory from April 29th, in certain places the panels were either not working or not even fully installed. Others showed identical prices from different fuel stations.

Teenage suicide attempts rise

Suicidal tendencies are rising among teens it has emerged with Coimbra's University Hospital (HUC) now admitting two to three new cases of teenage suicide attempts every day.

Each year an estimated 2,000 teenagers try to take their own lives and many others are unaccounted for, their actions being confined within the four walls of the family home.

As psychiatrist Carlos Braz Saraiva, head of HUC's Suicide Prevention Unit, explained "These are young people with repetitive behaviour and whose families no longer pay attention to it. So instead of going to a hospital's emergency department they are left at home for a day or two to sleep".

"In Portugal there is a growing phenomenon regarding teenage suicide but fortunately those that are actually fulfilled are few and far between".

He also explained there is a difference between the types of teenage suicides.

"A young girl who, when faced with unrequited love, takes pills to commit suicide is a different scenario to a young man who decides to hang himself and chooses a solitary place in which to do so".

National estimates calculate that 200 in every 100,000 young people try to commit suicide, "but if we analyse just girls then that number could be as high as 600 cases per every 100,000 habitants", the specialist warned.

António Albuquerque, head of Lisbon's Júlio de Matos Hospital's psychiatric ward, said "Life, for young people, is not easy. To them life means very little".

The majority of botched teen suicides arrive at hospital with overdoses of medicines, but many cases involve self-mutilation.

This is corroborated by Coimbra's specialist Carlos Braz Saraiva, who said "One in every five cases that enters the Hospital's emergency unit due to an overdose is also a self-harmer".

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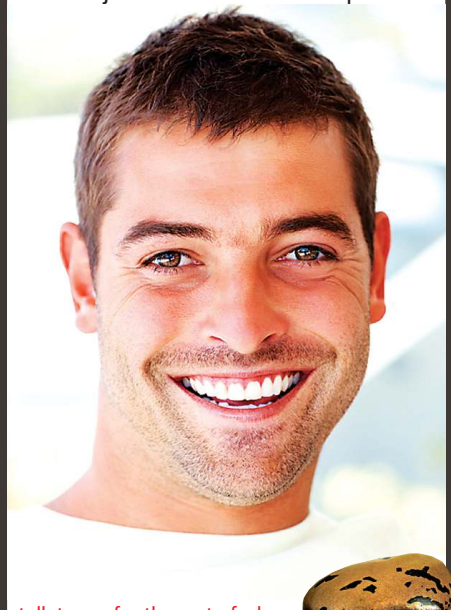

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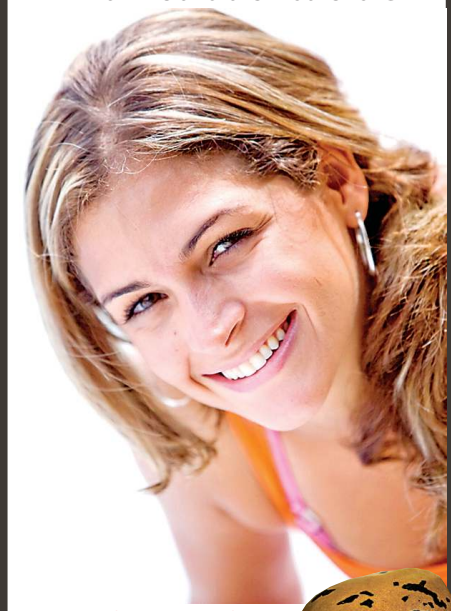

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Timor - half population speaking Portuguese as 'main language' by 2030

East Timorese Presient Jose Ramos Horta salutes as he inspects his troops during a ceremony to mark the 7th anniversary of Independence Day in Dili on 20 May 2009. East Timor become independent after Indonesia's occupation of the tiny country from 1975 to 1999. (Photo: EPA/Antonio Dasiparu)

The programme to re-introduce Portuguese in East Timor has produced positive results, President José Ramos Horta said this week, urging "more privileged" Lusophone partners to bolster aid so that 50 percent of the population could be fluent in the language within 20 years.

"The evaluation is quite positive", Ramos Horta told the Lusa News Agency in Dili, referring to the Portuguese language campaign carried out since 2000 primarily by hundreds of teachers sent by Portugal, which has made re-introduction of the language the centre-piece of its aid programmes.

"Hundreds of Timorese officials" now speak Portuguese, controversially adopted by Dili as one of two official languages at independence in 2002, he said.

Public use of Portuguese, the former colonial language, was banned during Indonesia's 24-year occupation of Lisbon's former Asian territory.

Ramos Horta, recalling his struggle almost a decade ago for the adoption of Portuguese as an official language, called on Dili's "more privileged" Lusophone partners - Portugal, Brazil, Cape Verde and Angola - to "contribute even more" so that within 20 years half of Timor's more than 1 million people speak Portuguese as their "principal language".

He welcomed the recent decision by the eight-nation Community of Portuguese Language Countries (CPLP) to open a permanent mission in Dili.

In his interview with Lusa, the president also criticized what he labelled as "know-it-all experts" from the English-speaking world who he said insisted on describing East Timor as on the verge of becoming a "failed state" due to cycles of violence since independence seven years ago.

Noting that Dili did not have "one cent of foreign debt" and boasted $5 billion in US treasury bills, Ramos Horta predicted that Prime Minister Xanana Gusmão's coalition government would maintain the country's strong economic growth following 12.5 percent expansion in 2008 and eight percent in 2007.

He declined to comment on the ongoing trial of 28 people accused of participating in the twin assassination attempts against himself and Gusmão on February 11, 2008.

But he said he disagreed with the opinions of defence attorneys "strangely, paid" huge sums by the Australian government to represent Angelita Pires in the case.

A dual Australian-Timorese national, Pires was the companion of the renegade officer, Maj. Alfredo Reinado, who was slain while allegedly leading the attack against Ramos Horta 17 months ago.

The President was severely wounded in the attack, while Gusmão escaped unharmed from an almost simultaneous road ambush. *TPN/Lusa*

Luxury properties resisting the recession

Despite the current economic climate it seems that high-end properties, those destined for the middle-to-high-class and luxury markets, are still in strong demand. Licenses for projects are being issued at a healthy rate and sales proceed as normal.

In Lisbon, a number of projects that have been awaiting approval for licensing have been given or will soon be given the green light.

Amongst future developments are the Jardins de Braço de Prata, a 130,000 square metre development that comprises 400 apartments, offices and shops, and the Alcântara Rio project, which comprises 300 apartments, 90 percent of which are already sold, at an average price of around €2,800 per square metre. Both of these developments belong to the Obriverca Group, whose administrator, Luís Gamboa, believes "the city needs such projects".

The Group is also currently building a third development near Lisbon's Expo area, the Multiuse Oriente, which comprises commerce, retail and habitation and costs on average €3,000 per square metre.

According to Luís Gamboa, "the mid to high-end sector is hanging on".

Little over a month ago the Temple Group also decided to go ahead with a large-scale project, renovating the old Maristas College, Amoreiras, and converting it into a seven-plot development that will be transformed into blocs of apartments ranging from one to seven-bedrooms.

The first 37 apartments are already being retailed at an average €3,900 per square metres.

In Campo Pequeno, after four years of waiting for licensing, work is about to begin on the old Crédito Predial Português offices, which will be converted into a residential building made up of 16 luxury apartments per floor that will range between 380 and 460 square metres each.

Leal Barreto of Chamartin Real Estate, which is responsible for the project, said the building "will be top-of-the-range European, on a par with Dubai and New York's finest buildings".

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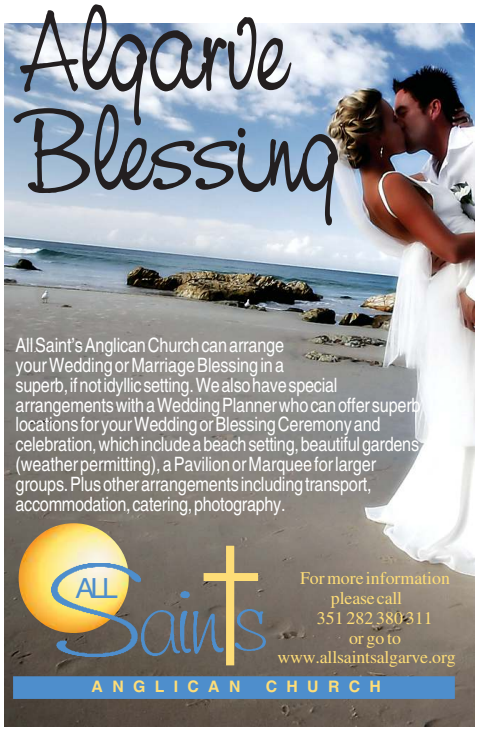

Brazilians pay Portugal to build planes

Brazilian company Embraer this week laid the first stone for a new factory that will take shape in Évora, a hugely significant investment in Portugal that will place this country amongst the world's leading aircraft manufacturers.

Embraer has invested a total of €148 million in the new set-up, which will be the first of its kind in Portugal. A further three companies have already shown interest in following suit.

Portuguese Prime Minister José Sócrates said of the venture "It is an investment of the utmost importance as it inaugurates aeronautical opportunities and puts Portugal on the aircraft manufacturing list.

"It is an important technological leap that will allow this country to be part of a sector of increasingly significant research and development".

PM Sócrates was giving a speech during the ceremony which saw the first brick of the future plant being laid. The Brazilian aeronautical giant, which is the third largest in the world, is also reportedly considering the possibility of opening a second plant in Portugal.

He further revealed that Portugal is in talks with Embraer to start training courses for those who will be employed at the plant, which will produce fibreglass and carbon aircraft components for aircraft wings, tail fins and fuselages, and should be fully functional from the latter half of 2012, creating jobs for 570 people.

Prime Minister José Sócrates (C), the Mayor of Évora, José Ernesto D'Oliveira (R), and the CEO of Embraer, Fleury Curado lay the first stone for the new factory in Èvora on 26th July. (Photo: Lusa / António Carrapato)

Airport figures continue to drop in June

Figures relating to the number of passengers that arrived or departed from Portugal's airports in the month of June this year are lower than those of June last year, statistics released last week by airport management company ANA – Airports of Portugal revealed.

A drop of 5.2 percent was registered in June this year in comparison to June 2008, 123,000 fewer passengers. And during the first semester of this year a drop of six percent was documented, in comparison to the first six months of last year.

ANA, which manages the airports of Lisbon, Oporto, Faro and the Azores, registered a total of 2,222 million passengers being processed by the national airports during the month of June. During June 2008 that total was 2,345 million.

Statistics showed that, with the exception of Azorean airports, all other national airports registered a drop in passenger figures, with Faro experiencing the most significant decline.

In comparison to June last year Faro Airport registered a drop of 7.9 percent in passengers.

Lisbon Airport saw 4.7 fewer passengers arrive and depart in June this year, in comparison to the same month last year, while Oporto experienced a drop of 4.6 percent.

On the other hand, during June this year, Azorean airports (Ponta Delgada, Horta, Santa Maria and Flores) were slightly busier, having registered a rise of 1.2 percent in passengers.

To assess the situation, ANA concluded that Portuguese airports "have not, in comparative terms, suffered losses that are worse than the general European average", highlighting cases such as the airports in Madrid, Gatwick (London), Paris and Frankfurt, which have experienced losses in passengers of 11, 9.8, 6 and 8 percent, respectively.

Lost luggage remains a problem in the EU

The number of bags lost at airports amounted to 4.6 million between January 2008 and October 2008 in the European Union.

In 2008, 32.8 million pieces of luggage were reported lost around the world which amounts to a decrease of 20 percent compared to 2007 when 42.4 million were reported lost. Effectively, one piece of luggage was reported missing for every 64 passengers.

Although there is now a decrease following five years of growth, this does not reduce the seriousness of the problem.

The Vice-President of the European Commission, Antonio Tajani, responsible for transport, called the number of bags mislaid, damaged or lost during European layovers "excessive and unacceptable".

These figures have been revealed as a result of an inquiry started by the Commission in March this year following reports about the lost luggage problem at airports. This inquiry set out to assess the scope of the problem and evaluate possible solutions.

"In order to protect passengers' rights adequately, we should provide citizens with the appropriate instruments. For the time being these instruments are not available," said Vice-President Tajani referring to current regulations.

The problem needs to be dealt with. Airlines and airports have reiterated their commitment to improving the registration and management of luggage in order to improve the situation. Passengers who are affected often struggle to get reimbursed up to the maximum of around €1,100.

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Most Europeans have high hopes of the EU's role to ease unemployment

A new survey published this week shows that 61 percent of Europeans think further impacts on jobs due to the crisis are to be expected. A third of those in work are 'very concerned' that they may lose their jobs in the crisis, however 72 percent feel the EU has had a positive impact in creating new work opportunities and fighting unemployment, and a third are aware of the European Social Fund – the EU's main tool for investing in workers and keeping them in work.

"I am not surprised by the outcome of this survey. Understandably Europeans are concerned about the impact of the crisis on their jobs and families", said Vladimír Špidla, Commissioner for Employment, Social Affairs and Equal Opportunities.

He added: "That's why action has been taken at European level since the very beginning of the crisis to limit its impact on jobs. We have recently introduced microcredits for people who want to start their own business, proposed 100 percent funding of ESF for the next two years to allow for continuous training of workers, and urged Member States to make 5 million apprenticeships available for young people leaving school. These measures will help keep Europeans in employment and help them back into a job if they lose theirs."

In terms of the EU's role in employment, 52 percent of Europeans consider it to be positive, and this figure rises considerably when addressing specific issues. A further 78 percent think the EU has a positive role in improving access to education and training, 76 percent in promoting gender equality, 73 percent in combating other forms of discrimination and 72 percent in creating job opportunities and fighting unemployment.

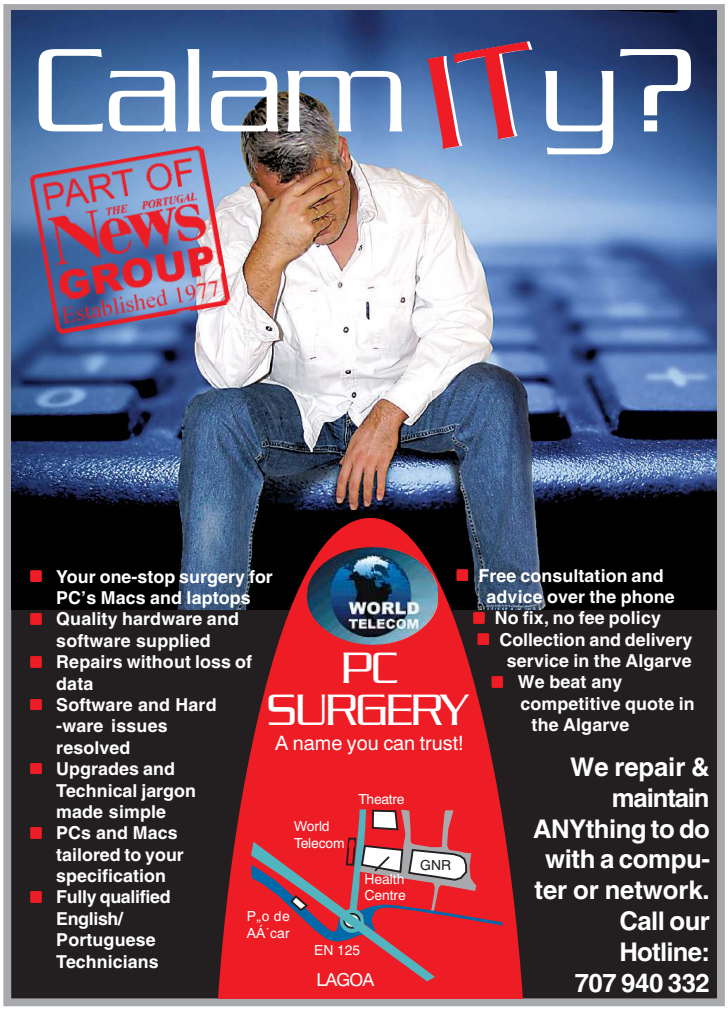
According to the survey results, around 3.5 percent of working Europeans have personally experienced job losses due to the economic crisis. Just under a quarter (24 percent) know a colleague who has lost their job and 36 percent know someone from among their friends or family who has been affected. Hardest hit are Latvia, Lithuania, Spain and Ireland, while people in Luxembourg, Greece and the Netherlands have experienced comparatively fewer job losses.

A third of Europeans in work (32 percent) are 'very concerned' they may lose their jobs in the future, with more people worried about their partner (38 percent) or children (47 percent) losing their jobs. The level of concern is strongly linked to the reported incidence of job losses; citizens of those countries which have experienced the most job losses are also most concerned about further job cuts.

The concern about loss of work is explained and compounded by the fact that at least 6 in 10 Europeans feel that the worst of the economic crisis is yet to come and only 28 percent think it has reached its peak, with the highest levels in the Baltic countries (82 percent in Latvia, 76 percent in Estonia and 74 percent in Lithuania think the worst impact is still to be felt). In countries which have implemented comprehensive 'flexicurity' approaches, the outlook is more confident. 45 percent of Swedes and 36 percent of Danes think that the peak of the crisis is now past.

Should they need to find a new job, most respondents would opt for the same type of job in the same location, or alternatively widen their search to a different location, showing more openness to moving to a new area than moving to a new type of work. About one in four of those Europeans not working say they will take up any job; a result that has not changed significantly since 2006. The majority of Europeans believe that, in these times, professional experience and qualifications are the two most important aspects in finding a new job easily, followed by adaptability.

Overall, a third of Europeans (33 percent) are aware of the European Social Fund (ESF), the EU's main tool to support those who may lose their jobs as a result of the crisis. The Fund is best known in Slovakia (59 percent), Portugal (58 percent) and Spain (53 percent) and least known in Denmark (17 percent). A third of those asked felt the ESF's budget allocation of around 10 percent of the EU budget is too little and only 5 percent said it was too much.



New disclosure opportunity

Last chance to avoid being "vigorously" pursued by UK taxman

The UK tax authority has announced that a New Disclosure Opportunity (NDO) will be launched in the autumn, to enable taxpayers to come clean and disclose any previously undeclared offshore income.

The scheme is open to all taxpayers who have not paid tax due in the UK on interest earned in offshore bank accounts and other offshore investments such as bonds, rental income and assets purchased with previously untaxed income such as business profits or undeclared capital gains. The scheme applies to investment in any country outside the UK, and not just to offshore accounts in so-called "tax havens".

It is the **final opportunity** for anyone who has hidden any income or gains away from the UK taxman to disclose with reduced penalties.

The NDO was initially announced in the April Budget. While full details will be revealed later in the year, preliminary details have recently been issued.

The NDO starts on 1st September and runs until March 2010. Intention to make a disclosure is to be made by 31st October.

As with the 2007 Offshore Disclosure Facility (ODF), the penalty will be limited to 10% of the underpaid tax in return for full disclosure of all undeclared funds. However, anyone who had the opportunity to disclose through the 2007 ODF and failed do so will now face a higher penalty of 20%. All back tax plus interest will also have to be paid.

HMRC has applied for an unprecedented blanket order to legally compel all 500 banks in the UK to hand over details of customers with offshore accounts. HMRC has already won a set of legal rulings that will require four unidentified banks with operations in Austria, Belgium, Luxembourg and the Channel Islands to disclose customer details.

HMRC is expected to sift through the bank account data handed over by the banks. It will then target those who do not come forward during the NDO for further investigation, which will almost inevitably mean a much higher penalty and the prospect of criminal prosecution.

Prior to the 2007 ODF, HMRC targeted five UK high street banks – Lloyds TSB, Barclays, HSBC, HBOS and Royal Bank of Scotland - forcing them to provide details of their offshore account holders. It is clients of these five offshore banks who will now face the higher 20% penalty under the NDO, since they should have come forward last time.

The 2007 ODF raised around £400 million in recouped tax. It has been estimated that the NDO could raise £2 billion for the taxman.

The tax authority plans to risk assess all information it receives and identify people who it believes have undeclared liabilities but who have not disclosed through the NDO. It intends to use its enquiry and inspection powers to approach customers in this group and will "vigorously" pursue all outstanding liabilities.

Depending on the sums involved they may also face public embarrassment under the naming and shaming measure planned for next year whereby HMRC will publish the names and addresses of individuals and companies who have underpaid £25,000 or over in tax. HMRC will closely watch those who have underpaid by between £5,000 and £25,000.

"*Now is a critical time for anyone with undeclared funds in an offshore account or undeclared income from offshore assets, to take stock of their situation and 'come clean', if they are to minimise the costs and other consequences of their mistakes*," warned tax partner at PricewaterhouseCoopers' Stephen Camm. "*There will be no more chances*."

HMRC was criticised during the run up to the ODF facility for not publicising the facility enough. The number responding was considerably smaller than HMRC expected, which according to some tax experts, was due to the lack of awareness. There have been calls for HMRC to comprehensively publicise this new facility in the media.

The Chartered Institute of Taxation (CIOT) is working with HMRC to ensure that the NDO runs as smoothly as possible. Gary Ashford commented: "*Those people who have not declared offshore income have evaded tax and we do not condone tax evasion in any way. However, it makes every sense to help such people regularise their tax affairs, particularly as many will have fallen foul of the law through mistake or misunderstanding*".

This can be a good opportunity to review your investment strategy. There may be options available that can legitimately allow you to reduce your tax liability. Always take advice from an authorised and regulated financial adviser like Blevins Franks Financial Management to achieve the best tax savings possible.

To keep in touch with the latest developments in the offshore world, check out the latest news on our website **www.blevinsfranks.com**

David Franks, Chief Executive Blevins Franks

Aqua Portimão shopping centre sold before being built

Only now are there visible signs of construction taking place on the latest shopping centre to take shape in Portimão but already it has been sold on to two major investment and real estate funds, Klépierre and Generali.

Aqua Portimão, when finished, will cover 35,500 square metres (including a hypermarket) and represents a €106 million investment (excluding the hypermarket).

Designed by Sua Kay Architects, Aqua Portimão will join its local counterparts, Continente Shopping Centre, the Retail Park, and the recently inaugurated Retail Centre, but will be the largest centre of its kind in the Western Algarve.

Aqua Portimão, which will serve an estimated 280,000 citizens, will comprise 132 shops, 20 restaurants, a hypermarket, and 1,800 underground parking spaces.

It is expected to open in 2011 and will comply with the highest level of environmental requirements.

A maquette of the Aqua Portimão shopping centre.

Lisbon inks bilateral accords with São Tomé

Portugal's Finance Minister signed an economic cooperation accord and will open a line of credit to support currency exchange parity on a visit later this week to São Tomé and Principe, the Ministry said.

The accords inked by Fernando Teixeira dos Santos in São Tomé are aimed at "strengthening macroeconomic and financial stability" in the Gulf of Guinea archipelago and to "create conditions for trade and investment", a Finance Ministry official told the Lusa News Agency.

The European Commission in Brussels has recommended that Lisbon grant its former colony a €25 million line of credit to back São Tomé's decision to peg its currency, the Dobra, to the Euro.

Portugal signed a similar deal with Cape Verde in 1998 to support that archipelago's pegging of its Escudo currency to the Euro.

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New laws approved for underage labour

Laws that govern work in a place of residence have recently been changed to allow children under the age of 16 to carry out 'light tasks' in their homes "as long as they have completed minimum schooling".

This has sparked fears from opposing parties that "children as young as 14 could be mending shoes" for a living.

The law was approved in Parliament by the PS and PSD political parties, while PCP, the Left Bloc (BE), ecological party 'Os Verdes' and the CDS-PP group abstained from voting.

BE had, at around the same time, submitted a law proposal suggesting alteration of the previous Labour Code to approve 16 as the minimum age for underage work, "to better protect child labourers".

The Party leader, Francisco Louçã, accused Prime Minister José Sócrates of introducing a law that "allows 14-year-olds to work in their homes".

"This law determines that labour in the home is no longer only allowed from the age of 16, but in Sócrates' country a minor can work from the age of 14, in their home, as long as they have minimum schooling", he said, accusing the motion of wrongly allowing "kids to repair shoes at home".

He concluded the new law was "shameful".

José Sócrates has meanwhile criticized Francisco Louçã for "coming to Parliament in a ridiculous manner, pretending that the law proposed by the PS will make it compulsory or allow 14 year olds to work".

Portugal losing millions in tourism revenue

Tourism-generated revenue fell this year by €309 million, between January and May in comparison to the same period of last year, but estimates calculate for the whole year the country could suffer losses of anything up to €740 million.

This was confirmed by State Secretary for Tourism, Bernardo Trindade, who last week presented the first report on the sector's sustainability.

Over the first five months of this year a drop of "12 percent in revenue and 10 percent in occupancy was registered, in comparison to the same period of last year.

"The Government predicts losses of up to 10 percent for the entire year, in comparison to 2008, when tourism revenue intake totaled 7.4 billion euros, which implies a slowing of losses for the second half of this year", Bernardo Trindade explained.

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Photo dated 11 November 2008 of the last British survivor of the World War I trenches Harry Patch, attending the Armistice Day service at the Cenotaph in London. Patch, who was conscripted into the army aged 19 and fought in the Battle of Pashendaele at Ypres in 1917 - in which 70,000 British soldiers died - died at the age of 111. (Photo: Lusa/EPA/Amdy Rain)

Turn the Page

Two years ago this month, there were twenty-four left. Now they are all gone, and there is nobody alive who fought in the First World War. Well, there is still Jack Babcock, who joined the Royal Canadian Regiment in 1917 but got no closer to the fighting than England, and American veteran Frank Buckles, who drove an ambulance in France as a 17-year-old in 1918. But the last real combatant, Harry Patch, who was wounded at the Battle of Passchendaele in 1917, died on Saturday.

They've been going fast. Erich Kaestner, the last German veteran, died in January, 2008. Tony Pierro, who fought with the American Expeditionary Force in France in 1918, died in February. Lazare Ponticelli, the last of the generation of French men who fought in the trenches, died a month later. (One-third of French males who were between 13 and 30 in 1914 did not survive the war.)

Yakup Satar, who joined the Turkish army in 1915 and fought in Iraq, died in April, 2008. Delfino Borroni, the last Italian veteran, died in October. Australia's last veteran, Jack Ross, died last month, and Henry Allingham, the grandest old man of all, died a week ago.

Henry Allingham was almost twenty in 1916 when he took part in the Battle of Jutland, the last and greatest clash of armoured steel battleships. (He saw the giant shells "skipping off the water.") As a mechanic in the Royal Naval Air Service, he flew missions over the freezing North Sea in 1917 in seaplanes that he described as "motorised kites." And he spent 1918 in France trying to recover British planes that came down in No Man's Land.

"We were moving forward at night," he recalled about the Western Front. "It was dark... I fell into a shell hole. It was full of arms, legs, ears, dead rats - a lot of dead, rotten flesh... I lay there in the dark, not daring to move, cold and with my uniform stinking. I was frightened." Sixty million men had the same memories, but they are no longer with us.

Harry Patch was an apprentice plumber when he was conscripted in 1916, and nineteen years old when he arrived at the Western Front in 1917. He lasted four months before a German shell burst overhead, killing three close friends and wounding him in the groin. He was evacuated to England, and never saw the war again.

He married in 1918, had children, followed his trade of plumbing, and served as a volunteer fireman during the bombing raids on Bristol during the Second World War. He died on Saturday, at the age of 111. So what have Harry Patch of Somerset and his sixty million comrades (for it no longer matters which side they were on) left behind for us?

One thing they would have been quite clear about: we can't do this any more. In the First World War we crossed a threshold. All the advances in science and technology came together and created a kind of industrialised warfare that is simply unsustainable in human terms. It consumes soldiers, civilians, whole cities at a rate that endangers civilisation itself.

All the technological innovations that have been added since the First World War – armoured divisions, bomber fleets, nuclear weapons – only deepen the lesson, they don't change it. Human beings have fought wars since we were all hunter-gatherers, and those who were good at it tended to prosper. Now, if you are really good at war, you will be destroyed.

Europe is just where industrialised total war first appeared. You can send expeditionary forces into the weaker parts of what we used to call the Third World and bash them to your heart's content, but if you get into a serious fight with another fully industrialised country, you will be both be destroyed. (This is a lesson that emerging industrial countries like India, China and Brazil can learn cheaply from history, or very expensively from experience.)

What else did the sixty million leave us? Inscribed on the wall of the chapel at the Royal Military Academy Sandhurst, where I taught "war studies" as a much younger man, is the first line of Horace's poem, "Dulce et decorum est pro patria mori:" How sweet and fitting it is to die for one's country. But we don't believe that lie any more.

Wilfred Owen was killed crossing the Sambre canal a week before the war ended. He never got any older than 25, but he put the wisdom that the millions bought with their lives into his poem "Dulce et decorum est." It's about a poison gas attack, and the last lines run: If you could hear..the blood come gargling from the froth-corrupted lungs...My friend, you would not tell with such high zest to children ardent for some desperate glory, the old Lie: Dulce et decorum est pro patria mori.

It's almost a century now since anybody but fascists and fools saw war as glorious. The government may tell us that our "glorious dead" have "fallen", but we know that they were only teenagers, and that they died in agony and lost all the rest of their lives. Sometimes we even worry about the fact that we have sent them to kill people for us.

In 1917, during the Third Battle of Ypres, Harry Patch was manning his machine-gun when a German got close enough that he looked like a real person – and suddenly Harry realised that he didn't want to kill him. Shouldn't kill him, in fact. He shot the German in the shoulder, which made him drop his rifle, but he kept coming.

So Harry shot him again, first above the knee and then in the ankle. God knows if the German survived all this, but at least Harry was trying. So are the rest of us. Most of the time.

Gwynne Dyer is a London based independent journalist whose articles are published in 45 countries.

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Portugal wants Barroso chairmanship settled without delay

Portugal wants the European Parliament to vote without further delay in September on the unanimous candidacy of José Manuel Durão Barroso for a second term as Chairman of the European Commission, Lisbon's Foreign Minister said this week.

"It is fundamental that the Chairman of the Commission be voted on so as to guarantee the necessary stability for the months ahead until the end of the year", Luís Amado said in Brussels.

The global economic crisis required "a strong and active Commission", he added in comments to journalists before participating in a meeting of EU foreign ministers.

A former prime minister of Portugal, Durão Barroso received the formal, unanimous backing of the EU's leaders for a second term on June 19.

The European Parliament declined to vote on Durão Barroso at its post-election session in July, scheduling its decision for September 16.

However, some parliamentary groups have argued in favour of delaying the vote until after Ireland's second referendum on the Treaty of Lisbon on October 2.

On another front, Amado welcomed Iceland's decision to seek accession to the EU, saying it underlined the community's "power of attraction".

But he said both Iceland and Albania's recent bids for membership should not in any way "call into question" the prior candidacys of Croatia, Serbia and Turkey. *TPN/Lusa*

New European Parliament President Polish Jerzy Buzek (L) and President of the European Commission, José Manuel Barroso (R) hold a press conference during the second day of the European Parliament in Strasbourg, France on 15 July. (Photo: EPA/Lucas Dolega)

EU steps up action on neurodegenerative conditions

The European Commission has this week adopted concrete proposals to tackle Alzheimer's disease, dementias and other neurodegenerative conditions.

These shared health and social challenges in Europe call for coordinated actions to ensure efficient prevention, diagnosis, treatment and care for those affected.

In addition, European countries are also invited to pool their resources and better coordinate their research efforts in the field of neurodegenerative diseases, and Alzheimer's in particular, by programming their research investments jointly for the first time, instead of each separately.

There are currently over seven million people with Alzheimer's disease and related disorders in Europe and it is predicted that this number will double in the next 20 years.

It is vital to plan, invest and cooperate in this field today both to control the social costs of these diseases as well as to offer hope, dignity and healthier lives to the millions of sufferers and their families.

EU Health Commissioner Androulla Vassiliou said: "Losing mental capacity to dementia is not just a normal part of getting older. As the European population ages, we must work together to better understand and prevent these conditions. We must show our solidarity to people with dementia by sharing best practice in caring for them and respecting their rights and dignity."

Poor turnout for Iranian protest

Little more than ten people turned out to participate in a protest staged in Lisbon's Camões Square to show solidarity with the thousands of Iranians who are the victims of repression in Iran.

It was a poor response to an appeal for support of the cause.

Amongst the small crowd of protestors were a handful of Iranian women, who arrived for the demonstration dressed from head to toe in traditional attire. Their faces were covered with hospital masks to avoid being recognised and for fear of retaliation.

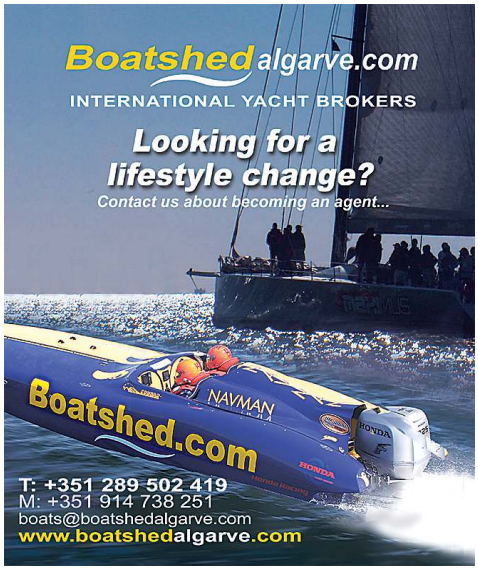
Lisbon was one of 105 cities around the world that participated in the 'United4Iran' Day of Global Action, promoted by a number of international personalities and organisations, which aimed to draw attention to the way human rights are perceived in that country.

A Portuguese participant stressed the need to highlight the way human rights are seen in Iran, where girls from the age of nine and 13-year-old-boys are considered adults and subject to the death sentence.

"Death sentences are every day occurrences in Iran. The Iranian landscape is one of death, of cranes with bodies still hanging from them. Our silence means the hanging rope will also be put round the necks of girls from the age of nine and boys from the age of 13", said a campaigner, who considered Portugal to be an "excellent example that can raise awareness within the international community".

On one of the boards being carried during the protest was the image of eighteen-year-old Neda, the young woman who was killed following Iran's elections on June 12th this year.

She was shot during an attempted repression of an upraising against the re-election of President Mahmud Ahmadinejad.



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Lusophone partners applaud Guinea-Bissau election

Lusophone leaders have congratulated Malam Bacai Sanhá on his presidential election victory in Guinea-Bissau, expressing hope it will contribute to stability in the crises-scarred West African country.

Portuguese President Aníbal Cavaco Silva, in a message on Wednesday, applauded the former colony's peaceful vote and promised continued aid from Lisbon.

The Angolan government and the president of Cape Verde also welcomed Bacai Sanhá's election, saying it could contribute to stability and development.

Cavaco Silva expressed confidence the president-elect's mandate would be marked by "the defence and consolidation of institutional reform".

The Portuguese leader reaffirmed Lisbon's "firm support" in Bissau's efforts to build a "future of peace and economic and social development".

President Pedro Pires of Cape Verde telephoned Bacai Sanhá Wednesday to congratulate him and wish "a stable presidency" leading Guinea-Bissau on "a path of well-being and progress", an aide told the Lusa News Agency in Cidade da Praia.

He said the Guinean leader had told Pires his first trip abroad would be to Cape Verde to invite him personally to the presidential inauguration in Bissau.

The Guinean election was held to choose a replacement for slain President Nino Vieira, who first came to power in a 1980 military coup that severed the close constitutional linkage between Bissau and Praia, severely straining relations between the two former Portuguese territories who fought together for independence.

In Luanda, a spokesman for the Angolan Foreign Ministry, Nelson Cosme, said Bacai Sanhá's election should be viewed as "a victory for the country" to "serve reconciliation" rather than for Bissau's ruling PAIGC party.

The election was "a decisive and important step" towards stabilizing the country after a decade of revolving-door political and military crises, Cosme said.

TPN/Lusa

EU membership – Iceland clears first hurdle

European foreign ministers have asked the Commission to evaluate Iceland's suitability for EU membership, the first step in the entry process. The decision came swiftly – less than two weeks after Iceland submitted its application – reflecting the country's strong credentials.

The Commission will now prepare a detailed study on Iceland's economic, legal and political systems. These studies often take more than a year to complete.

But Iceland may not have to wait as long as some countries, as it already has an advanced market economy and stable, democratic institutions, two key conditions for membership.

Once they have received the report, the European Council and Parliament will decide whether to accept Iceland as an official candidate.

Only then can formal negotiations begin on the terms of membership, a process that could take another year or two. If the EU accepts Iceland, the country will hold a referendum on the question.

Until recently, the North Atlantic island nation of 320,000 was reluctant to join the EU. But after its biggest banks collapsed in October, sending the Krona currency tumbling, Iceland turned to EU membership and the Euro currency as a means of stabilising the economy.

President Barroso has welcomed Iceland's decision, calling it a "sign of the vitality of the European project and indicative of the hope that the European Union represents."

Iceland already has many close ties to the EU. As a member of the European Economic Area trade block, it is integrated into the EU market, and adheres to most EU laws. It is also part of the passport-free Schengen area alongside most EU countries.

One thorny area of negotiation could be fishing rights. The issue isn't covered under the European Economic Area, which gives Icelanders the right to live and work in the EU but allows them to set their own agricultural and monetary policies.

During their meeting on 27 July, foreign ministers also reiterated their support for the membership aspirations of Western Balkan countries. At present, three countries – Croatia, Turkey and the former Yugoslav Republic of Macedonia – are official candidates for EU membership. Five other western Balkan countries – Albania, Bosnia and Herzegovina, Montenegro, Serbia and Kosovo – are waiting in the wings.

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Crocodile Dock – Where fearless kids shine God's light!

Sixty four children and over 40 adults from seven international churches gathered last week at São Lourenço International School in Almancil to enjoy "Crocodile Dock", this year's week-long summer childrens mission presented by All Saints Anglican Church, Algarve.

This year's programme was built around the theme of a Louisiana Bayou, with crocodiles, possums, fireflies, spoonbills and turtles helping the children to discover God's presence, power, care and love in their lives.

Every day for a week the children started their day by forming small groups called Bayou Crews. They gathered at Sing and Play Swamp Stomp to be introduced to what activities they would be part of that day and from then on they participated in adventures at Bible Bayou, raced around Gator Games, made some fabulous creations at Crawfish Crafts and thrilled at the adventurers of Chadder the Chipmunk – lost in the Bayou with a monster croc on the loose. At the end everyone came together for the daily Firefly Finale and Spotlight Drama presentation.

Crocodile Dock was packed with fun, memorable things to do, new friends to make and new truths to learn.

But it wasn't all about the children at the Dock. As an ongoing part of All Saints outreach programme the children made fluffy comfort critters to send to the children of a parish in Kigali Rwanda. Each critter carried an individual private message from the child who made it to show their feelings for the children of Rwanda. The Most Reverend Emmanuel Kolini Archbishop of Rwanda is also the Bishop of All Saints Anglican Church and is greatly loved.

This is the 5th year that All Saints Anglican Church in Almancil has run a summer mission as an integral part of their childrens' Bible education programme and is staffed by volunteers from Algarve Churches, Youth Leaders from the UK and, for the first time, All Saints Sister Parish in Tampa, Florida.

"Crocodile Dock was an amazing experience" said Fr Joe Wingo, Lead Priest of All Saints "all the children were completely engaged all the time, they thoroughly enjoyed it, we even had some tears when it was time to go home one night! It was a special blessing to welcome so many of our brothers and sisters from churches along the Algarve, and children from Ireland, Brussels and the UK. The station leaders, crew leaders and youth workers did a truly wonderful job. I should like to take this opportunity to thank São Lourenço International School for their generosity in allowing us to use their premises".

The Dock was followed by a Celebration Wrap service and BBQ at ASCA community centre in Almancil attended by over 90 Dockers, their families and friends of All Saints

All Saints Anglican Church Algarve holds a Children's Bible Education programme called The adventurers and Crèche concurrently with the 10.30am Sunday service at ASCA in Almancil. For more information contact Jo Blackman, Childrens Minister on 282 380311.

Eco-tourism boom causes havoc at Faro pier

With the rapid growth of eco-tourism companies at Ria Formosa, the Portas do Mar de Faro pier does not have the capacity to harbour all the boats that carry out scenic tours, sunset rides, bird watching, dives, and much more; causing disquiet among the tour operators as boats block the pier.

The Ria Formosa has seen a rapid growth in popularity in recent months, with several companies setting up boat trips for several purposes, such as sunsets with champagne, diving trips to Deserta Island, traditional boat rides to see fishermen at work, taxi services to Farol Island or a ride on a solar boat, among other activities.

With prices ranging from budget to lavish, several stands have been set up selling the trips, causing fierce competition between the operators who battle for tourists to embark on their trips.

"It would be ideal to have a bigger and safer pier, the high number of tourists looking for boat trips on the Ria Formosa would justify this" said Arlete Rodrigues, an eco-tourism guide for the 'Lands' company.

Several criticisms have been made of the pier by the tour operators, such as boats cruising past the area at high speeds causing waves, which have caused a few tourists to fall into the water, and the level crossing nearby has no signs.

According to José Apolinário, Faro Mayor, the extension of the pier is planned for next summer, in agreement with the Polis Litoral Ria Formosa plan, which also has a project for the creation of a nautical centre.

Loulé enlarges three of its cemeteries

Loulé Council recently approved a €4 million investment to enlarge and renovate the three cemeteries of Almancil, Salir and Boliqueime.

The three cemeteries will be undergoing several renovations, such as the construction of new crematoriums, new structure arrangements and purchasing adjoining land to expand the area of the cemeteries.

In Almancil's case, it is considered an urgent investment, of great importance to the parish as it does not provide adequate conditions at the moment. Among the improvements are laying grass in some areas, building a new ceremony room, incinerator room, information desk and a building for other services. The Council purchased 4,300 sq metres of adjoining land to make these renovations possible, which are estimated to cost €1.5 million for this cemetery alone.

In Boliqueime, the village's cemetery will also be extended, with a 4,000 sq metre plot of land, with all the enhancements costing around €1.2 million.

Salir's cemetery will have a similar project to Boliqueime's.

Leap for conservation

Rodney Langman, a retired stockbroker from Essex, is hooked...

He recently discovered 'A Rocha', the global conservation charity which began on the Alvor Estuary over 25 years ago and has decided to leap out of a plane in a tandem parachute jump to help raise funds. Rodney's irrepressible good humour is contagious and friends and contacts alike are being recruited to sponsor him. "I am really moved to see how much the small A Rocha team care about the future of this pristine wetland site" says Rodney "They have embarked on a high level campaign to ensure that the environmental protection (Natura 2000 status) the area has been granted will count. This is something I respect, we can all do our bit to help protect this wonderful place and wildlife for future generations".

Rodney Langman

To soften Rodney's landing on 7 November at the Alvor aerodrome please consider sponsoring him. Send cheques to: A Rocha, Apt 41, 8500-132 Mexilhoeira Grande or contact Marcial Felgueiras at Portugal@arocha.org (282 960 380) for further information – it would be great to have lots of support at Alvor on the day.

Another way to help is to contact Marcial about their exclusive Fair Trade Alvor Estuary T shirts. Price €12 - Buy one today to lend your support!

Please also see the website: www.riadealvor.org

An aerial shot of Alvor Estuary.

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Linkin Park and Offspring open race track rock festival

Two of the biggest names in today's international music industry, American bands Linkin Park and Offspring, are to perform at the first ever Rock One Festival, which will take place at Portimão's International Algarve Race Track, from August 5th to August 8th.

For four days some of the biggest names in the current music industry will be performing and, as well as Linkin Park and Offspring, will include James Morrison, Bloc Party, The Waterboys, James, Björn Again, and My Bloody Valentine, as well as national artists Fonzie, Ana Free and Tara Perdida.

Californian band Linkin Park's until-now unofficial participation in Rock One caused something of a stir amongst their national fan base. Until it was officially confirmed this week, their appearance at the event was mere hearsay but still caused an 'are they, aren't they' scenario of mounting excitement.

A four day pass costs €80, a one-day ticket costs €50. Concerts start from 17h00.

For more information, see www.rockone.pt.

A camping area is available free of charge for those with four-day passes, along with a complementary shuttle bus service to local beaches.

Donations reach over €10,000 for Lagos fire-fighters

In Lagos a number of individual fund-raisers have now collected more than €10,000 for their local fire-fighting brigade, all of which is put into a communal fund created by local resident Pat Allen, who told **The Portugal News** of the importance of helping these vital parts of the community.

It is a known fact that in Portugal most fire-fighters are volunteers and they don't just fight fires but also assist in searches and rescues, medical emergencies, and local events.

"Funding for their units has to come partly from donations as they are not fully subsidised by the Government. When the money runs out, even essential items like oxygen, bandages or fuel for the vehicles cannot be bought", Pat explains.

There are many people throughout Portugal who try to raise money for this cause. A dedicated fund for the Lagos area brigade has already been opened, which accepts donations or an annual standing order direct to the account. The money raised is then used to buy whatever is needed at the time after discussions with the Captain and the men of *Os Bombeiros Voluntarios* de Lagos.

Pat says "If 100 people contribute however modest the sum, then a real difference can be made in helping to maintain the service". Over €10,000 has been raised and used for the Lagos Brigade since Pat Allen started the fund.

(Left - Right) Dr Paulo Morgado, George Hamilton (WASPS treasurer), Pat Allen, Stuart Buckley (WASPS Chairman) and (in uniform) Lagos Bombeiros' Commander Paulo Reis.

Groups raise funds in their own way and the Palmares WASPS Golf Society is no exception. Two years ago they decided to pay €1 each time a ball ended up in a certain bunker. Stuart Buckley, the current WASPS Chairman, was amused at the suggestion of general poor play, although he did admit that some had contributed more than others! However, the end result is that €700 was raised and they have donated it to the *Fundo para Bombeiros* where the money will certainly be put to good use. O Poço bar in Almadena has a donation bucket on the bar and the Tuesday quizzers and customers have raised over €2,000 in this way, just in loose change. "Although we perhaps feel the Government should be responsible for funding this essential service, it is not the case in this country and this is where we have chosen to live. As part of this community, we should all help to enable them to continue with their vital work in responding to both fires and medical emergencies".

Pat concludes "After all, the *bombeiros* do not ask your nationality when they are called out, they just respond, and the next house or life they save could be yours. Let us all help them continue".If you would like to help with this worthwhile cause perhaps with a one-off donation, contact Pat on: (+351) 282 697 548, or alternatively to donate an annual amount, however much. Copy the wording below which states you will give a yearly payment of €xxx on the first day of month of your choice) until further notice and take it to your bank: 'Eu autoriso o debito de (amount) no dia 1 de (month) e em todos os anos da minha conta (account number) ate ordem em contrario, destino Fundo Para Bombeiros, Credito Agricola, Caixa 7210 CCAM Algarve, 7191 Lagos. IBAN: PT50 0045 7191 4018 8770 5586 1. NIB: 0045 7191 4018877055861. No. Conta: 40188770558.'

Members of Moldavian gang sent to jail

Portimão Courts sentenced six members of a Moldavian criminal gang to between five and 23 years in jail this week, for charges of extortion, theft, corruption, possession of illegal weapons, coercion, forging of technical documents and association with criminal activities.

The regional director of SEF (Immigration Office) declared it was proven that the Moldavian gang, known as 'Ala Moldava', exerted force over immigrants, demanding payment of ten percent of their wages, carried out thefts from homes and construction warehouses, and fraudulently sold imported vehicles from Europe, tampering with the cars' mileage.

Half of the fourteen defendants were sent to prison for corruption, including a Portuguese employee at Portimão's MOT centre. One of the members of the criminal organization was sentenced to 23 years in prison, with expulsion from the country as an additional punishment, whilst two others must spend 17 years incarcerated.

Three other members of the 'Ala Moldava' were also ordered to pay a one year fine, with a daily charge of five euros.

All the seized items, such as computers, mobile phones and weapons are now in the State's possession.

The court's decision came as a result of an investigation that had been ongoing since 2005, with SEF officers studying Eastern European gangs operating in the Algarve.

Man drowns in Arade dam

A Ukrainian resident drowned in the Arade dam last weekend during a weekend camping trip with friends. The man disappeared after going for a swim in the cold water late on Saturday night, and his body was only found the next morning by search divers.

The man, of Ukrainian nationality, was spending the weekend camping on the shore of the dam with a group of friends. After having a few drinks and a barbeque on Saturday evening, Vladimir went to swim in the cold waters later that night. "We tried to deter him from swimming again. I saw him swim for a bit and then he disappeared about ten metres away from the shore" said Lesya Gay, one of the victim's friends. She attempted to help him, but was forced to return to the bank after getting out of her depth.

Silves fire-fighters were the first to arrive at the scene after friends called 112, but as there was no visibility whatsoever on arrival; divers were only able to begin searching in the morning, finding the man's body close to where he had disappeared, at around 11h30.

The victim was taken to Portimão Morgue for an autopsy.

Estoril AirShow attracts thousands

Two planes performing during the Estoril AirShow, organised by Cascais Council and Proaire, with the support of the Portuguese Air Force and Navy, at Tamariz beach, Cascais, on July 26th 2009. Photo: José Sena Goulão/LUSA

Around 100,000 people gathered at Tamariz beach, in Estoril, last weekend to watch the aerobatics of 'Estoril AirShow', which delighted onlookers with dangerous, death defying manoeuvres and a display from the Portuguese Air Force.

Opening the event were the ASAS de Portugal, Portugal's Air Force display team, who performed rapid descents, rolls and loops with military aircraft, stunning onlookers with the aircrafts' manoeuvrability.

The air festival progressed with the Navy's squadron of helicopters, in conjunction with marines, beginning with the Lynx MK 95, considered one of the best helicopters in the world and used recently against pirates off the coast of Somalia.

The Iberian Patrol unveiled the brand new Extra 300 airplanes, built to withstand up to 10 G's, and the event ended with an exhibition from Rotores de Portugal, one of only five helicopter aerobatic teams in the world.

The event was a resounding success, with the weather blessing thousands of onlookers on the beach: "It looks like everything went our way. The only thing we couldn't control was the weather and it has been astounding. People came. I think it was our best airshow in Cascais yet" said Captain Duarte Salema Cordeiro, director of the event, also guaranteeing the return of a similar experience next year.

ModaLisboa returns in March

Portuguese designers will be showcasing their latest outfits in ModaLisboa again next year, scheduled for March 2010. The ModaLisboa association will also be continuing a new event in Cascais, the Estoril Fashion Week, which will take place annually from June 2010.

The latest developments in Lisbon's fashion industry were made public at a press conference, presented by the Chairman of ModaLisboa, Eduarda Abbondanza, together with Cascais and Lisbon Mayors, António Capucho and António Costa, last week.

The Estoril Fashion Festival will also count on the presence of renowned Portuguese designers, as well as photographic and music exhibitions in line with the fashion world.

ModaLisboa and the fashion shows of Portuguese designers will be showcased in the Autumn/Winter 2010/2011 collections at venues across the Capital.

The ModaLisboa/Estoril's biggest event so far will be held on October 8th, 9th and 11th, with the theme being 'Fashion Force'. It will be ModaLisboa's 33rd event, and the last one at Cidadela de Cascais.

Lisbon invests in sports

Over the past six years Lisbon Council has invested over €72 million in sporting equipment, €15 million of which was at the Alto do Lumiar sports grounds alone.

Of the €72 million invested, €4.3m went to new installations and improvements for existing ones, over €17.5 million was used for renovations of clubs and associations, €4.2m for organizing big events and sporting activities, over €1m for synthetic grass on six football pitches, €850,000 for the Pavilhão de Carnide and Pavilhão de N. Sra de Fátima, €15 million on the brand new Alto do Lumiar Sports Grounds and a further €26 million for the construction of Ameixoeira, Rego, Casal Vistoso, Oriente, Vale Fundão, Campo de Ourique and Bairro da Boavista municipal swimming pools.

Sintra granted loan to pay suppliers

Sintra Town Hall's municipal assembly recently approved by a majority the application for two loans for a total of €9.7 million to pay off debts to suppliers.

The municipality applied for the grant via the Programme of Extraordinary Regularization for State Debts (PREDE) by which 40 percent of the loan is funded by the General Treasury and Finances Department (DGTF) and 60 percent is paid through a bank.

The first loan will be to the value of €3.88 million, to be paid back over 10 years, without interest for the first five years of that period.

The second half of the loan will be footed by the BPI Portuguese Bank of Investments and will be €5.83 million, to be paid back over five years at an interest rate spread of 1.375 percent.

Sintra's political coalition 'Mais Sintra', which unites the PSD and CDS-PP political parties as well as the CDU party, voted favorably in response to the Municipal Assembly's proposal.

Sintra Mayor, Fernando Seara, confirmed to news agency *Lusa* that the loan was being acquired to "pay off debts owed to suppliers".

However, opposition parties have contested this, querying what exactly the money is going to be used for.

Caparica revamp pleases residents

A study carried out by Universidade Nova de Lisboa, at Costa Polis Society's request, has shown that the vast majority of those interviewed are happy with the 'New Costa da Caparica', which has been undergoing renovations since 2002.

In the first week of July the Costa Polis Society, which is in charge of the development of the Costa da Caparica revamp, asked the Universidade Nova de Lisboa to carry out a survey to see whether summer tourists, residents, occasional visitors, shop owners and fishermen were happy with the new look of the Caparica beachfront. The results were extremely positive as they showed that a massive 93% were happy with the 'New Costa da Caparica'.

Fonseca Ferreira, Chairman of the Society, said "Although it is not finished, the urban garden, the urban beach area and the new beach facilities are works of great quality", an opinion shared by Maria Emilia de Sousa, Almada Mayor.

Having begun in 2002, the Mayor of Almada said the hardest obstacle so far has been carrying out the renovations whilst allowing people to go to the beach, as well having to relocate over one hundred families due to demolitions. Several other obstacles have delayed the project slightly, such as waiting for the PP's (Detailed Planning) to be approved, bureaucracy, and the transferal of the Camping Parks to the Pinhal do Inglês: "In a project of this size there is a multitude of little obstacles that some times are legitimate and other times are selfish, but we are dealing with many people such as fishermen, swimmers, campers, retailers, and we need to have a lot of patience" said the Chairman.

Maria Emilia de Sousa stated that the work will not be finished by the predicted date, 2011, because this is "not sufficient time to conclude the project."

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Judiciary Police proving effective

Lisbon's Judiciary Police have arrested a total of 150 violent robbery suspects since January this year, thirty more than in the same period of 2008.

A total of 150 suspects of violent robberies have been detained this year, at a rate of almost one per day, in all 21 stations of the Judiciary Police throughout Santarém, Lisbon and Higher Alentejo. The police force has confirmed that most suspects are from problematic neighbourhoods in Lisbon, having recently arrested the fourth element of a gang that robbed six restaurants and a supermarket in the Sintra area in the last few months.

Many of the suspects began their crimes by stealing a car and changing the number plates, to later head to commercial establishments, with guns in hand, threatening employees and clients to hand over money and valuables. After escaping, the criminals would abandon the vehicles.

One of the suspects involved in these robberies was making daily visits to the police station for another crime at the time, but not even this discouraged him from getting involved in criminal activities again.

Around half of the arrested are in custody at the moment, most of them already having a criminal record. A total of 20% are on home arrest, a further 10% must appear periodically at a police station and the remaining suspects were set free, leaving their names and addresses on record.

Judiciary Police have said that, with these latest arrests, there has been a noticeable reduction in criminality. Last year, according to the Internal Safety annual report, violent robberies increased 10.7% and crime in general rose 7.5%.

Revitalised floors from Stone Care Services

Tim and Sue Stamp have continued to develop and successfully expand their unique business in natural stone refurbishment and maintenance. Dealing primarily with private homeowners and Property Management Companies, their portfolio includes clients based right across the Algarve from Sagres to Tavira.

Tim, originally from the UK where he started the business, quickly realised that there was also a niche market in the Algarve looking after existing stone surfaces - whether they be floors, vanity tops, shower surrounds or even exterior patios.

Specializing in all types of natural stone, marble, granite, limestone, slate, ceramics and terracotta he emphasised that it is essential to know exactly how each stone type reacts to various treatments and processes in order to achieve an impressive result. Any refurbishment is, apparently, completely dust and odour free with minimal disruption to the home.

In time, any stone surface will become dull and worn through foot traffic and the over-use of stringent cleaning products. Stone Care Services (SCS) are able to quickly regain a floor's natural beauty and depth of colour by using a combination of chemicals and specialised machinery to achieve stunning results. Expensive replacement of floor tiles - or vanity tops - is often totally unnecessary. On occasions, clients merely seek advice on stone cleaning and protection without undertaking any actual refurbishment. The service is also ideal for those looking to refresh rental properties - Villas, Apartments or even traditional Quintas -in time for the summer or to add extra value and appeal to a property on the market. You only get one opportunity to make a first impression and a shiny revitalised floor will give you the winning edge, said Sue. Although the Algarve is not immune from the current economic difficulties, homeowners are still very keen to ensure their stone surfaces are maintained to a high standard.

During this year, SCS added high pressure cleaning to their array of services - absolutely essential for exterior patios and pool surrounds all of which become discoloured over the winter months. The inevitable build-up of moss and resin from trees/shrubs can seriously mar an attractive stone patio - once gently cleaned and sealed the tiles will repel any further build-up with their process. SCS also launched their web site recently - www.stonecare-services.com - and the feedback from customers has been fantastic. Already they have seen an increase in enquiries for their services directly attributable to the site. It is easy to navigate and extremely 'client' friendly with many helpful tips. In addition, it has an impressive Gallery of photographs.

Bedspreads Factory Outlet

Founded in 1989 by Patrick and Linda Hall long-term Algarve residents. This 'niche market business' was begun after extensive research and focusing on a gap in the market for high quality Portuguese textiles made in Portugal for the export market. Many residents were bringing products from the UK only to read on the labels 'Made In Portugal'.

From the early days of only selling bedspreads, their extensive product range now encapsulates everything you would need for the home in soft furnishings, including duvets, sheets, duvet covers, pillows, mattress protectors, blankets, pillows, mattress toppers, curtains, tablecloths, towels and many more products .

Even though the recession has hit Portuguese manufacturers with a vengeance - with factories closing down all over the country - they still only buy here as Linda said, "It would be very easy for us to buy from China and India as many of our competitors do, but how can we guarantee our quality then? We always put our customers first, Portuguese quality will last and last".

This year people are turning against buying bad quality then re-buying next year, as has been shown in the jump in sales for Egyptian cotton, due to this they are stock clearing all their poly/cotton sheets, pillow cases and duvet covers. Go soon as stocks are limited!

Bedspreads are still in Alvor near the municipal market place, their daughter Nikki (well known to readers of **The Portugal News**) runs the shop in Lagoa on the EN125, located next to the Total petrol station. This location has parking outside and lots of parking near by. Quality, customer service, products not made with child labour, Egyptian easy care cotton, have become bywords for them as their reputation rightly deserved has shown. As a family business they are here to stay, as many factories in northern Portugal are glad to hear. So, if you like living in Portugal be like them, support your local economy, keep your carbon footprint down, buy here. Quality goods made exclusively for them!!!

Fernando M. Lourenço, making the most of your waterworks

If you have an outdoor space or a pool that you want to make the most of or that needs a little refreshing or updating then Fernando M. Lourenço is quite possibly the place to start your mission. Whether you are looking for a spa-pool, a sauna, a Jacuzzi, a new cover for your swimming pool, new tiles, steps, a diving board, cleaning chemicals or even a brand new pool, this company has everything you could think of

Fernando M. Lourenço is made up of a team of five mobile pool maintenance vehicles that provide a pool-cleaning service from between Albufeira and Alvor, along with a huge range of pool products, including pumps, heaters, cleaners and filter, as well as offering a pool construction service, through which your dream pool can be tailor-designed.

Pool heat pumps, solar and irrigation systems, a plumbing service and much more can be discussed and/or seen in the conveniently-situated showroom in Lagoa, opposite the FATACIL exhibition grounds, surrounded by ample parking.

Established in Lagoa for nearly 16 years this company is one of the first and longest running of the kind, in the Lagoa region. The company specializes in three types of pool cover (manual, electric and telescopic) all of which can be ordered to measure and, depending on the type, will take between 24 hours and six weeks to be delivered. If you do not have a pool or a large outdoor space to put one in, then consider a Jacuzzi, spa pool, or even a sauna, for all of which a large selection of high quality models is available directly from Fernando M. Lourenço.

Centro Activo, mobility and physiotherapy

Centro Activo is a brand new health centre in Portimão dedicated to offering the best possible treatment for those with mobility problems, such as paralysis caused by accidents, neurological complications, strokes or brain damage, or illnesses like autism. Psychological support and nutritional advice for families and sufferers of the aforementioned disabilities is also available, as are general medical consultations and speech therapy.

Open for just one month, inaugurated on June 1st, the state-of-the-art centre offers a range of physiotherapeutic treatments, including the high-tech 'short-wave electrolysis', in 13 private booths. It also has two private consultation rooms, a specialized room for children's treatments, an exercise gymnasium and an aesthetics area where complementary health and beauty treatments, like manicures and pedicures (including medical pedicures for diabetic feet), massages (mud treatment, lymphatic drainage, reflexology) are offered.

Centro Activo was designed to offer thorough, integral help to those whose physical mobility has, for whatever reason, been compromised. It was founded by Tânia Vieira, who was determined to create such an establishment after her husband suffered a stroke in 2003 and she dedicated six years of her life learning how to live and deal with the changes it implied.

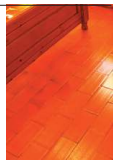
"He was left paralyzed and in a wheelchair", she said. "It was very complicated, your whole life and routines has to change. It has to adapt to a disabled person and a wheelchair".

In 2005 Tania travelled with her husband, José Gonçalves Vieira, to the Sarah Kubitschek Hospital in her native Brazil, a specialist unit that is dedicated to helping paralysis victims and others suffering disabilities and their families in all aspects of physical and psychological recuperation.

"I never once stopped believing my husband would walk again and I want to give others that hope too", she said.

Sadly, José passed away last year from an unrelated illness, but it was based on the Sarah Kubitschek hospital, which is perceived as an exemplary model on an international level, that Centro Activo is based. Several medical specialists, including highly experienced resident physiotherapist Carlos Rangel and medical professionals from the areas of orthopedics, psychology, nutrition and general medicine, make up the core of the family run business, which is the result of Tania's hope and dedication to her husband.

THIS WEEK'S PROFILES



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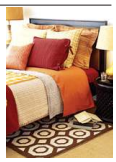

Bedspreads

Visit Bedspreads Factory Outlet shops in Alvor and Lagoa, see website: www.bedspreadsportugal.com, or call: (+351) 282 457 510 (Alvor) / 282 353 244 (Lagoa).

Fernando M. Lourenço

For more information, contact telephone: (+351) 282 353 543, 917 812 448, or email: fml.lda@sapo.pt. The showroom is open from Monday - Friday, 09h30 - 13h00 and 14h30 - 18h30.

Centro Activo

For more information, contact Centro Activo on telephone/fax: (+351) 282 422 104, or email: centroactivoportimao@gmail.com.
The centre is open Monday to Friday, 08h30 - 19h00.

If you would like us to profile YOUR business, call our Sales Manager on 707 500 677

APAA planning another Quiz Night

Algarve animal protection association APAA's open air Quiz Night last Saturday (July 18th) was a tremendous success and raised €500 after all expenses had been paid.

Organisers were lucky to have two professional chefs as well as a few amateurs preparing the food which was absolutely delicious.

Glasses were constantly refreshed and the atmosphere was one of laughter and fun.

Jenny Clarke was a brilliant quizmaster and enjoyed exchanging banter with the various quiz teams. However, APAA have threatened to ban Dave Alger next time as he won at the May Quiz Night and led the winning team again last Saturday.

All participants were said to have been very abstemious and lots of drink was left over, so, say APAA, "let's do it again!"

Thursday August 13th at 19h00 is being earmarked as the next possible date, but when the definite date is decided it will be advertised nearer the time.

But remember there is only room for 50 people so keep your mobile phones at the ready to book your place.

€500 was raised at the successful open-air quiz night .

AIRC sponsership for two to attend summer camp

Almancil International Rotary Club has once again been able to support two Portuguese teenagers, Patricia Modesto and Mario Libanio to enable them to attend a summer camp in the UK for fourteen days.

The camp is organised by two Rotary Clubs in the Manchester area, RC Bolton Daybreak and RC West Houghton.

Young people attending the summer camp comprise 12 different nationalities, all of whom will stay with volunteer Rotary families. The purpose of the summer camp is to foster friendships and understanding through sport and social events. Included in the trip will be a visit by ferry to the Isle of Man.

AIRC raised the funds for this project through commission generously given by a local artist on the sale of paintings, and a donation received from an AIRC member.

Anyone interested in joining AIRC should email president @rotaryalmancil.org or telephone 289360730.

Pictured at Faro airport on Friday: Sra Modesto, AIRC President Paul Lantau, Mario, Patricia, Sra Libanio, and AIRC past President Peter Hinze.

Lions Club Faro charity golf tournament 'Armando dos Reis'

The Faro Lions Club will be organizing it's 4th Charity Golf Tournament on the 8th of August, 2009 at Benamor Golf Club in Tavira. It will be a single Stableford event with a Shotgun start.

This tournament will benefit some local charities and also to honor the memory of a very good and generous man who helped many charity causes, the late Arq. Armando dos Reis, former president of Lions Club de Faro.

This tournament's aim is to raise funds for the following institutions: Obra Social Madre Teresa de Calcutá, ASCA – Associação Social e Cultural de Almancil, APPDA – Associação Portuguesa para as Perturbações do Desenvolvimento e Autismo, APPC – Associação Portuguesa de Paralisia Cerebral and Oncologia do Hospital de Faro

The main sponsors of this Charity Golf Tournament are Benamor Golf, whose facilities are being donated free for this tournament, and Centro Porsche Faro. Benamor's golf course was designed by Sir Henry Cotton and is a par 71, 5,500m (6,000 yards) course.

The motto of the Lions Club of Faro is "Solidarity in Movement" and it helps and supports institutions and causes in the area. Lions International has around 1,3 million men and women in 205 countries and regions. It was founded in the USA in 1917 and has been in Portugal for around 50 years.

All golfers are welcome to take part in this Charity tournament. To enter or to learn more about this event please go to www.benamorgolf.com or call 918 702 795. The entry fee is €40 which includes lunch.

Additional sponsors are being sought. They will receive publicity during and after the event and donations are fully tax deductible. For more information please call Matias Reis at 289 392 636 or 918 702 795 (e-mail: arqmatiasreis@gmail.com).

APPC (Associação Portuguesa de Paralisa Cerbral) Special Educational Needs School

Autodrome: NO noise!

ADAP 'Associação de Defesa do Ambiente do Concelho de Portimão' has organised a Buffet-Lunch at the 'Amadeus Garden' restaurant in Alcalar on Sunday 9th of August, at 12 noon, with live music, at a cost of €12 per person, which will be go towards funding ADAP. Drinks are extra. Membership lists will be circulating for people not yet subscribed.

Saturday Bike Rides

Saturday, 1st August bike ride starts at Lidl car park, Lagos

Starting Point : Approaching Lagos from the A22 motorway and Turn left towards Lagos onto the EN125. At the next roundabout turn left heading down Avenida Republica. Straight on at the next roundabout then you will see Lidl on the left by another roundabout. Lets meet here around 10.15am for a 10.30am start. Please call if you need clarification of the directions.

Paul will be at bikeland from 9-9.30am and can take some people and/or bikes from there if required. If you need bike hire or transport, then please contact in advance so that this can be arranged.

Ride details: This weeks ride is around 45km and is mainly on dirt track roads with some quiet tarmac roads also. The route is mostly flat, but there are a few moderate hills, but nothing too challenging.

We pass through several interesting towns and also some beautiful quiet countryside. We pass golf courses, coastal areas and also take in a small section of the Ecovia do Litoral. An interesting and varied ride and one definitely not to be missed , I am sure that you will enjoy this ride.

The cost is €5 per person (no joining fee). For more information, contact Paul Beesley on: 289 360 001 or 913 226 954, e-mail: paul.beesley@sapo.pt, www. activityalgarve.com.

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"Best designed (Algarve par 3) layout" - Greg Turner.
"Top Holiday Golf Course" - Top 10 Algarve, Dorling Kindersley.

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SPECIAL PROMOTION (JUNE-OCTOBER)
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BREAKFAST OR LUNCH
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Web site: valedemilhogolf.com

15% DISCOUNT ON GREEN FEES WITH THIS VOUCHER

Summer walks to give you some exercise and show you the unspoilt Algarve

Lets walk... the Alvor Estuary

Friday August 7th

A very easy walk of just over 2 hours along levadas and track to the Alvor estuary home to many birds and if the tide is low the locals will be collecting the clams.

9.30am start meet at the O Aquario cafe / tabacaria in Mexilhoeiro Grande. Leave the A22 at the MG / Odiaxere exit and at the second roundabout take the left exit towards Portimao. Follow the road for about 1km when you will see a sign to the left to Mexilhoeiro turn here and the cafe is a 100m up on the right.

The walk can be done in trainers or other comfortable shoes and are suitable for children that are used to walking a reasonable distance. There is a small charge for each walk (€5 p.p.) that includes a donation to charity. There is no need to book please just be at the meeting point bringing some water and a sense of humour. **Walk organiser: Julie Statham +351 965 753 033**

East Algarve Walks

Every Tuesday & Friday mornings.

For more information
Call 913 595 868 . brian@moonlightservices.eu
www.moonlightservices.eu

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Salad of dishwasher-poached pears in mead with stilton and hazelnuts

(Serves 6)

For the poached pears:

500ml mead
1 lemon, zest (reserve the lemon)
1 orange, zest
5 peppercorns
1g whole mace
1 whole star anise
1 cinnamon stick, spilt
1 whole vanilla bean split in half lengthwise
40g honey
3 ripe pears (the softer varieties like comice work better for this)
Salt

In a saucepan, combine the mead, zests, peppercorns, mace, star anise, cinnamon stick, split vanilla bean and honey. Place the pan on medium-low heat and bring to a gentle simmer.

Gently simmer, do not boil, for 20 minutes to evaporate off the alcohol. Remove from the heat and allow to cool to room temperature. Strain the mixture and reserve the liquid, tasting and adding salt if necessary.

Peel the pears. Soak a brand-new green scouring sponge in cold water and use to smooth the surface of the pears, and rinse them gently in cold water. Cut the pears in half lengthwise and use the edge of a potato peeler to remove the core. Place the pears in a single layer in a Foodsaver bag (www.foodsavereurope.com) and add the mead infusion. Seal the bags at full vacuum so that the pear halves are surrounded by the liquid.

Place into the dishwasher and run on the highest temperature setting (most dishwashers have a setting to run the full cycle at 75C). Once the water in the dishwasher has fully heated and is running the cycle, check the pears after 20 minutes. How long they take to soften will depend on how ripe the pears are. Look for the pears to soften through and absorb the liquid without becoming too soft or mushy.

Remove the pears from the dishwasher and allow to stand at room temperature for 15 minutes before placing in the fridge to cool completely.

For the vinaigrette:

Reserved pears and liquid
1tbsp English mustard
Reserved lemon
400ml grapeseed oil
Salt and freshly-cracked black pepper

Cut open the cooled bags of the cooked pears and drain the liquid into a container. Measure out 200ml of the liquid and pour into a mixing bowl. Add the mustard and whisk together squeezing in lemon juice. Begin whisking in the grapeseed oil to form a vinaigrette and season with salt and pepper adjusting the acidity with more lemon juice. Reserve chilled until ready to use.

For the salad:

Reserved pears and Reserved vinaigrette
Washed and trimmed leaves of chicory, and red oak leaf lettuce
Whole hazelnuts toasted in the oven and lightly crushed
120g Stilton cheese (cut into small wedges)
Freshly-ground black pepper

Slice the pears lengthwise and divide among six chilled salad plates. Spoon some vinaigrette over the pears and use the rest to toss with the salad leaves. Divide the salad leaves among the plates and garnish with the hazelnuts and Stilton pieces. Season with freshly-ground black pepper.

Reinventing the meal

Britain's most inventive chef, Heston Blumenthal, talks to Sarah O'Meara about why he likes to poach his pears in the dishwasher and his search for the next great kitchen invention.

Any other man who used a thermal probe to check whether his lemon tarts were cooked would draw worried glances.

But Heston Blumenthal's love of experimentation has done for cooking what Apple did for music.

Britain's favourite kitchen geek is revered for glazing his strawberries in an electric sandwich maker, poaching pears in the dishwasher and giving his customers iPods filled with music to accompany their dinners.

The man behind three-starred Michelin restaurant The Fat Duck in Bray, near Windsor, has transformed our perceptions of how we make food and what eating is all about.

Yet after a decade of experimentation, Heston, sweetly, seems a little baffled that more cooks aren't reaching for the liquid nitrogen when serving their ice cream. And, in an attempt to encourage more innovation among amateur chefs, he's leading a nationwide competition to find the next great kitchen invention.

"Remember," he begins, "at some time, the liquidiser would have been a state-of-the-art innovation! Being a purist would mean that man should only ever cook over a naked flame or fire, as there would be no electricity without innovation."

Of course he's right. But for most of us, using a saucepan can be a challenge.

Heston wants budding culinary innovators to submit new ideas which could revolutionise the way we work in the kitchen.

"We embrace technology in everything that we do - cars, phones, TV and radio, computers - so why not in the kitchen?" he says.

"Some traditionalists are resistant to this, but it's not the technology that can produce dodgy results, it's how it's used."

Entrants of the Finish Diamond Standard Innovation Challenge will be whittled down to a shortlist of 10 finalists, who will then battle it out in a Dragons' Den style final in August.

Heston says that one of his own favourite kitchen innovations is his flavour profile database.

"This tells me exactly which aroma compounds can be found in which foods and therefore which foods have certain compounds in common. It has produced some interesting and unexpected flavour combinations," he laughs.

Although not a formally-trained scientist, Heston is a natural lab rat and loves to explore the chemical properties of food.

Surprisingly, he hates the term 'molecular gastronomy' which is often applied to his work, because it sounds too "complicated" and "elitist". But that doesn't stop him professing a love for lab-style instruments.

"We use a rotary evaporator, which is a device used in laboratories in which water can be boiled at temperatures well below 100C, allowing delicate aromas to be extracted from ingredients which would otherwise be destroyed by the heat," he explains enthusiastically.

But he adds a few words of warning to potential innovators: "Be careful that techniques and technology do not become the main drive for a dish - they should be kept as a great tool to aid and inspire you along the way."

Heston Blumenthal posing for photographers outside his Fat Duck restaurant in Bray, Berkshire.

Restaurant Briefs

The Battering Plaice in Almancil (just next door to the Post Office) is the place to go for English Fish & Chips as we know and love them! As well as offering traditional cod and chips they also have Haddock, Scampi, Doner Kebabs, Pies, Sausages and much more. You can eat in the restaurant or order a takeaway, and there is a delivery service to Almancil, Quinta do Lago and Vale do Lobo areas as well.

The Fat Frog, situated in Vale Formoso in Almancil. Serving tradional French food for lunch or dinner. The bar is open from noon until late. Enjoy sitting on their outdoor terrace or inside watching Sky sports on their 50" plasma screen. Closed on Sunday.

For our restaurant guide please see the hotline on pages 32 & 33

www.the-news.net

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Multi-million euro Algarve tourism boost

Economy Minister Teixeira dos Santos chats to the Secretary of State for Turism, Bernando Trindade during a meeting in Faro on 27 July. (Photo: Lusa / Luis Forra)

The Algarve has been granted a €100 million euro credit supply to support the region's tourism through the current economic crisis, Portugal's Minister for Economy, Teixeira dos Santos confirmed this week.

Teixeira dos Santos said that the new line of credit could be "an important help for the tourism sector which is facing difficulties around the world, particularly in Portugal, and very particularly in the Algarve".

"We are aware of difficulties that are being experienced within the tourist activity and within the Treasury and it seemed important that we help these areas with the aim of providing financial back-up to Algarvean businesses".

The credit is aimed at preventing conditions within the work market from worsening after summer.

Minister Santos elaborated "This is the perfect moment because it is prior to the end of the peak season and the biggest difficulties in maintaining employment within the tourism sector will emerge when summer ends. This programme has come at the right time as it defines an horizon that can be reassuring to tour operators and to workers".

The programme in question, 'Qualifications-Employment', which the Minister introduced this week and through which the credit is available, is, as of now, open to "all Algarvean businesses" and will allow workers who are at risk of losing their jobs or having their hours reduced to sign up for ongoing training while still being contracted by employers and receiving a salary.

It is available to all economically-viable companies and businesses that are experiencing a "temporary situation of surplus works".

It is unclear as yet how long business will have to wait before being able to tap into this fund.

Bank profits up

Despite an increase in the number of customers being unable to repay mortgages and loans, Portugal's largest four private banks have managed to record joint profits of over 760 million euros during the first six months of the year, This is up more than 17 percent in relation to the first half of 2008, when the economic crisis had yet to hit global financial markets.

The release this week of the half-yearly figures by Millennium bcp and Santander Totta has revealed that national private banks have been left largely unscathed by the turmoil which has ruined a number of financial institutions across the globe.

The joint profits of BCP, Santander Totta, BPI and BES since the start of the year amount to 760.7 million euros, equating to slightly more than 4.1 million euros a day being raked in by the country's private banks, despite the continued climb in bad debt.

On Wednesday, Santander Totta reported profits of 278 million euros for the first half of 2009, up 1.7 percent on the same period last year, with the company predicting that 2010 will "not be easier than 2009" and that it would be looking to persist in its tactics of cost containment.

A cut in operational costs by Millennium bcp of around five percent is meanwhile being partly used to explain the banks profits reaching 147.5 million euros so far this year, up from 101.4 million euros last year.

BCP chairman Carlos Santos Ferreira this week highlighted the consolidation of expenses with staff in all the markets in which it operates, excluding Africa, upon releasing the bank's positive results for 2009.

While BCP posted profits that were up 45 percent on last year, the most stunning results were released by Banco BPI, whose profits have increased tenfold the past 12 months to 89 million euros.

Banco Espírito Santo (BES), however, posted profits of 246.2 million euros, which is down 6.8 percent on last year's results.

Attention is now being focused on the country's biggest bank, Caixa Geral de Depósitos (CGD), whose figures are expected in the coming days, followed by those from Banif and Finibanco. These figures are expected to indicate to what extent national banks have managed to remain immune and actually boost profits, despite being in the midst of the biggest financial collapse since the Great Depression.

Portuguese for Beginners 148

Emília Rosendo

THIS LESSON: The preposition "*por*"

Read the sentences below:

➪ Eu esperei **pelo** autocarro das seis.
(*I waited for the 6 o'clock bus.*)

➪ Nós esperámos **pela** professora de Inglês.
(*We waited for the English teacher.*)

➪ Tu esperaste **pelos** teus filhos.
(*You waited for your children.*)

➪ Eles esperaram **pelas** suas namoradas.
(*They waited for their girlfriends.*)

As you can see, the verb "***esperar***" is followed by the preposition "***por***" which changes as follows:

pelo = (*preposition*) "***por***" + (*definite article*) "***o***"
pela = (*preposition*) "***por***" + (*definite article*) "***a***"
pelos = (*preposition*) "***por***" + (*definite article*) "***os***"
pelas = (*preposition*) "***por***" + (*definite article*) "***as***"

① Complete the sentences which follow with the preposition "*por*" in its correct form:

1. A avó distribuiu os doces ___ seus quatro netos.
2. O patrão elogiou a Maria ___ sua amabilidade e, sobretudo, ___ seu profissionalismo.
3. Nós ansiamos ___ nossas próximas férias na neve.
4. Aparentemente, este importante grupo económico estrangeiro interessou-se ___ antigas fábricas de cortiça portuguesas.
5. Em Portugal, os veículos circulam obrigatoriamente ___ lado direito da via.
6. Ontem à noite, os meus vizinhos chamaram várias vezes ___ seu cão, mas ele não apareceu.
7. Uma das coisas mais agradáveis que há é caminhar ___ praia, especialmente durante o Inverno.
8. As crianças estavam a espreitar ___ janela da sala e do quarto para verem os amigos na rua.
9. Eles subiram ___ escadas de serviço?
10. O gato entrou em casa ___ varanda da sala e o cão ___ quintal das traseiras.
11. Hoje em dia, muitas pessoas trocam a cidade ___ campo.
12. Os pais decidiram castigar o filho mais novo ___ sua "famosa" falta de respeito ___ pessoas mais velhas e também ___ seus maus modos.
13. Aquele pobre homem tropeçou e caiu ___ escadas abaixo! Deve estar muito magoado.
14. A equipa mais fraca venceu o jogo ___ resultado mais inesperado de sempre: 10-3.
15. Alguns alunos preferem estudar ___ apontamentos dos colegas.

Please send your completed exercises with a **STAMPED, SELF-ADDRESSED ENVELOPE**, to me: Emília Rosendo at **The Portugal News** and I will return them corrected.
The Portugal News • Apartado 13 • 8401-901 Lagoa

'Subway' to open in Albufeira

Subway, the second largest single-branded fast food franchise in the world is to open in Albufeira, from where it will be selling its famous made-to-order, foot-long or six inch submarine baguettes.

To open next week, on Monday August 3rd, in Bela Vista (near McDonald's, Albufeira) Subway will also offer a variety of salads and deli-style sandwiches served on freshly baked rolls.

Charlie Farrell, owner of the new sandwich shop, said "I am excited to be able to bring the Subway brand's delicious, fresh product to Albufeira. Hopefully it will be the first of many in the Algarve".

The Subway chain was founded in 1965 by the then 17-year-old Fred DeLuca with a $1,000 loan from a family friend. Franchises can now be found in 31,678 locations in 90 countries.

The quantity of readers' letters received this week was disappointing. However, the Letter's Page will resume next week and will include letters considered from this week's edition.

PROPERTY

A weekly guide to the latest and the best properties on the market in Portugal • The *Portugal* News • 1 Aug 2009

PROPERTY OF THE WEEK

Vivenda Janina, peace, quiet and lots of room for guests

If you are looking for peace and tranquillity, outdoor space and gardens, lovely views and plenty of room for guests to stay then this could be the perfect property. Vivenda Janina is made up of a main house and a separate cottage that together sleep ten people, a heated swimming pool and a privileged positioning high above the village of Vila Nova de Cacela, near Tavira.

The Eastern Algarve is still very much unspoiled, blessed with wonderful beaches, many of which boast a 'Blue Flag' award. It also offers beautiful flora and fauna, challenging golf courses, and air and sea temperatures are always a little higher than the west.

This particular area, where this week's Property of the Week is located is close to the Spanish border and only 40 minutes by car on the motorway to Faro airport.

The nearest town, Vila Nova de Cacela, is a few minutes by car. There one will find all everyday essential facilities, a brand-new large fish, fruit and vegetable market, banks, restaurants, cafés and shops.

A further three minutes by car is the sleepy beach resort of Manta Rota, which has many great restaurants and wonderful, wide, family-friendly beaches that stretch all the way to Vila Real de Santo Antonio, the border town to Spain.

For golf-aficionados there are five golf courses within a twenty minute drive of the property, and for people who love to shop, the brand new shopping centre Gran Plaza Tavira is just 15 minutes away.

Vivenda Janina is situated in an elevated position above the Town of Cacela, nestled in its own grounds of 2,600 square metres. The land is laid to lawn (with irrigation system), or paved, and offers plenty of space to find your own private haven.

Future owners will be able to enjoy the heated pool, dine alfresco on the covered terrace or below beside the pool in the BBQ area.

There are two separate dwellings in the grounds, the main house and the guest cottage, which in total sleep 10 people. This makes Vivenda Janina ideal for accommodating friends and family or to earn rental income.

The main house comprises a lounge with very high ceilings and an open-plan dining area. An extra bonus is the mezzanine bedroom or office area, which has a door to the terrace from where stunning ocean views can be enjoyed. This terrace can also be accessed from stairs on the outside of the property.

Heating is provided via an efficient wood-burner oven system in the lounge.

There are two bedrooms and one interconnecting large bathroom with walk-in shower and separate bath, and plenty of storage solutions.

There is a cloakroom just off the main entrance and the kitchen is fully equipped, under the kitchen in the basement room there is space for storage and would make a great wine cellar.

Large arched windows lead out to the generous covered patio area. All of the windows of both properties have new mosquito screens fitted and most rooms have air conditioning.

The best feature is the guest cottage which is completely independent to the main house, has own lounge with open plan kitchenette area, wood burner stove, bathroom, and two bedrooms.

To the side of the property, through the main electric gate, the driveway parks a number of vehicles and there is a detached double garage which has extra space for storage of firewood.

This considerable property was originally priced at €895,000, though is now **REDUCED** to €620,000.

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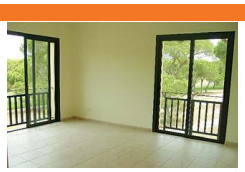
Price: €135,000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Why do well-dressed people stand out from the crowd? It's not just the clothes they wear, but the way they incorporate little finishing touches like a scarf, belt or jewellery which make them eye-catching.

The same surely applies to rooms - and the most successful are "well dressed" with decorative details, be they mirrors and art work, cushions or books.

Caroline Clifton-Mogg, interiors specialist and author, is a definite believer. "We have all been to houses where 'stuff' is everywhere, lying around almost at random and looking definitely unloved," she says. "But in another house, the same things are arranged in such a way that lifts the spirits and makes you want to go home and rearrange all your possessions." All too often, she says, the power of those details is underestimated.

Follow Caroline's guide to winning ways with decorative details.

Decorative tips

1. Stand back and try to see your possessions as a visitor would. It will help you re-evaluate them with a fresh eye. Take some photos of your rooms, as it will make it clear which objects are working for you, and which aren't.

2. Recognise that, sometimes without realising it, we're all collectors. That may be on a simple scale with a few pieces of decorative china or old photographs, or more planned with objects carefully gathered over the years. Consider whether items can be grouped together to appealing effect, and look for themes to unify them.

3. "Less is more" is a good guideline. Rotating displays occasionally and moving familiar objects into different rooms will instantly refresh them and the space.

4. Don't overlook perfect display spaces like mantels or occasional tables which can be dressed with a "tablescape" of collected objects that have some link, whether in colour or the material in which they're made.

5. See cushions as decorative jewels which can instantly brighten a space and sometimes completely alter the look of a room. Nothing looks duller than identical cushions, so experiment by, for instance, grouping cushions in the same colour but in different textures, or have one striking cushion starring beside its plainer neighbours.

Pretty as a picture

Walls look wonderful if they're dressed properly - but successful picture displays rely for their impact on a connecting factor.

Caroline explains: "All too often, a picture is hung in single, solitary isolation, to be joined later by another one, which even though it doesn't have any visual connection with the other is hung in the remaining space. This random approach rarely works.

"Instead, ensure pictures share a connection. It can be the colour or shape of the frames, or the subject matter - perhaps animals or coastal scenes."

Alternatively, she suggests linking pictures by the medium in which they are painted, for instance grouping watercolours or oils together.

She recommends that before you hang a group of pictures you should take time to prepare a plan on paper or lay out the pictures on the floor. Next, measure exactly the distance required between the frames and the height from the floor.

If there is furniture below the pictures, such as a sofa or table, pictures should be hung at a height that makes them appear to "tie in" with any furniture below.

Top tip: Have a favourite print enlarged on a large canvas and also replicate it on a cushions cover. Companies such as Snappy Snaps offer this service. Hang prints on a wall above a sofa, and scatter cushions on sofa.

Magic of mirrors

Mirrors transform a room by reflecting light and making a space seem larger.

But Caroline offers a word of warning: "When we enter a room our eye is first drawn to a mirror, so take care where it is placed and that the view they reflect is a good one.

"Mirrors which are too large to be hung with ease can look very effective on the floor, propped against the wall, where they act almost as a door to a reflected room beyond."

Top tip: Display a collection of mirrors together on a wall, perhaps antique hand mirrors sourced at second-hand shops or antique fairs, or opt for a collection of larger bevelled glass mirrors in different shapes.

Blooming marvellous

Flowers make a room come alive, but there's no need to splash out on expensive arrangements.

"Even a single striking branch in a clear glass vase can look wonderful, especially if there's a small collection of tiny natural treasures like pebbles, or shells grouped around it," advises Caroline.

Flowers, she says, can play a part in all rooms in the house. Show off small blooms to best effect by grouping them together - as they will be dwarfed by large blooms. Tall flowers are best displayed when they're viewed at eye level.

Top tip: Almost anything can make a great container for flowers, so don't simply rely on conventional vases.

Use jam jars as waterproof "liners" for flowers if you want to use a basket or box. Adapt teapots, sauce boats, brandy or liqueur glasses as well as buckets or bottles into alternative containers. Single blooms arranged in a collection of bottles work especially well, especially placed in front of a mirror or picture.

Beautiful books

Books are Caroline's favourite detail and she says: "There is something about books, old and new, which does more to personalise and humanise a room than almost any other detail."

But she advises against arranging them with military precision. Instead, she says, gaps could be left on shelves so that there's space for other things, from a plant to a piece of china.

Pictures also could be hung or propped against the wall on shelves, or even hung from the upright shelf supports.

Top tip: Display books in surprising ways, she suggests. Consider using a pile of books as a lamp "table", or create a wall of book shelves incorporating a shelf over a door.

It can also be effective to paint the inner sides of the shelves a darker colour than the outer shell, to effectively "frame" a book display.

Journey to china

Those ceramic pieces - from china dinner sets through to vases - are all too often stored in cupboards, and their display charms overlooked, Caroline points out.

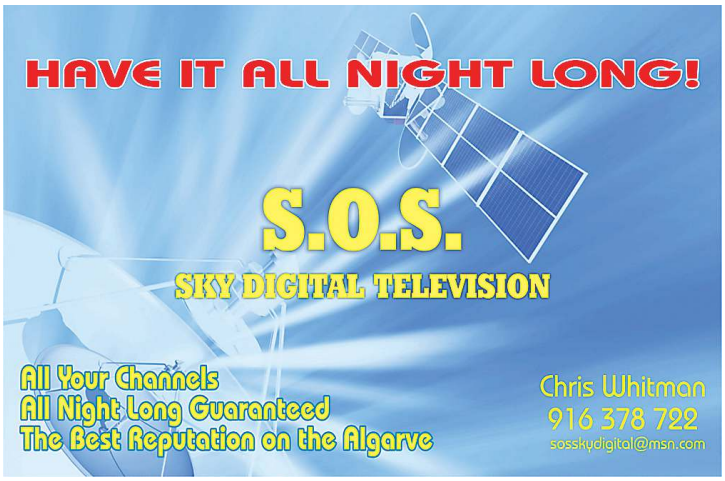
"These pieces deserve respect and to be displayed in ways that add to their charms, rather than detract from them. Just because pieces are functional doesn't mean they're not beautiful.

"And those random ones left over from a set that's long disappeared can make the most effective decorative details."

Don't limit china to the kitchen or dining room, says Caroline. "Perhaps a pretty sugar bowl could be used in a bathroom filled with soaps, or a large soup tureen without a lid could be planted with bulbs. It's all about looking afresh at old friends."

Top tip: Hang plates and dishes on a wall, displayed in a traditional dresser. A wide plate rack hung on a wall is a perfect showcase for a colourful display of plates.

Teapots or ornamental bowls can enliven a dull corner of a room if grouped together so they show off their interesting shapes and colours.



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How to combat slugs and snails

Slugs

A snail

Slugs and snails can be a problem even in the Algarve, once the rains come, usually in September or October. The intense heat followed by torrential downpours brings out these pests in their droves.

However the rest of Portugal is more familiar with these garden nuisances year round attacking annuals, lettuces and other crops before many of us have had time to enjoy them.

Of course, the damage inflicted by slugs and snails is usually at its worst in late spring when young plants are vulnerable, but even at this time of year they can munch through leaves and decimate established plants.

So, take action before it's too late. Here are 14 tips to help control slugs and snails, particularly after heavy downpours.

:: Place rings of sharp grit around your plants, which will damage their underbellies and deter them. Some people use shallow frames of chicken wire with the sharp end just sticking out of the ground, which does the same job.

:: Use broken eggshells for the same technique, but mix them with dry bran, which absorbs the moisture slugs and snails need for mobility.

:: Make traps from plastic containers, sinking them into the soil near susceptible plants with the rim 2.5cm above the surface, and fill them with beer. Empty and refill regularly.

:: Go on a slug patrol at night with a torch, a bucket of salted water and gloves, and pick off all those you see. Check plants while the pests are feeding and drop them in the salty water. Once they are dead, drain the water and empty them onto the compost heap.

:: Keep your garden free of hiding places. So clear away piles of leaves or other rotting vegetation, removing them to a compost heap.

:: Try to encourage natural predators to keep the slug and snail population down. Frogs and toad feed on slugs, while some birds such as thrushes gorge on snails.

:: Hoe regularly from the start of the growing season. Slug and snail eggs are small and white, usually appearing in clusters. If worked to the surface they will die in the sun or be eaten by predators.

:: Place plants you are willing to lose alongside crops you really want to save, as slugs and snails will usually go for the easy target and may miss your more valuable plants.

:: Place copper tapes around pots, which send out a tiny electric charge to deter slugs and snails climbing up the outside of them. Placing pots on metal stands can also make it more difficult for them to climb.

:: If you must use slug pellets, protect innocent wildlife by placing the poison under covers raised a fraction at one side to allow the pests access.

:: Use a biological control to control numbers, which is especially effective for killing small slugs that live under the soil. The name of the microscopic nematodes is Phasmarhabditis hermaphrodita, which are watered onto the ground and will have to be reapplied every six weeks.

:: Use slow-release fertilisers, as these do not produce soft growth - which is more attractive to slugs.

:: Keep digging over the soil in winter and spring. Any cultivation of the soil will help to disturb slugs and may bring them to the surface, where they can be eaten by predators.

:: Plant species that they don't like, such as hardy cranesbill geraniums, hydrangea, potentilla, lavatera and plants with hairy or narrow leaves.

Hannah Stephenson

Plant species such as geraniums which they don't like.

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News for parents

Lisa Salmon looks at the weird, wonderful and sometimes weary world of parenting.

Following hot on the heels of mums-to-be Coleen Rooney and Heidi Klum, a new poll shows that three-quarters of pregnant women aren't scared of sporting skimpy bikinis and flashing their baby bump.

Only 24% of mums-to-be questioned by online travel agents Monstertravel.co.uk said they wouldn't be brave enough to venture onto the beach in a bikini, while 79% admitted that displaying their new-found baby curves made them feel quite feminine.

But only one in six expectant mums would opt for bikini wear on a UK beach, although two-thirds think the rise of pregnant celebrities who aren't ashamed of donning beachwear has helped change attitudes.

Midwife Pat Kellett says: "Attitudes are so different nowadays, when I had my children you wouldn't show an inch of your tummy, let alone have it all hang out.

"I think it's a healthy attitude to have, and much more comfortable for the mum-to-be."

Coastguards are promoting their Sea Smart summer safety campaign as millions of holidaymakers head to the coast this summer.

Coastguards are predicting a record number of people will call for help at the coast this year, and the Sea Smart campaign promotes beach and sea safety messages to families and children.

Tips include:
- Try to visit a lifeguarded beach.
- Always go with a friend.
- Find and read the safety signs.
- Check the weather and tides.
- Always keep children in sight at the beach.
- Supervise children using inflatables.
- In an emergency, stick your hand up and shout, tell a lifeguard or dial 999 for the Coastguard.

And remember they're your kids, so don't rely on other people on the beach to keep an eye on them.

Almost two-thirds of women will not attempt to breastfeed their babies in public because they feel too self-conscious, research has found.

A survey of more than 1,200 mothers revealed that 60% do not think the UK is breastfeeding-friendly, while 65% said they would not even try it because they were worried about people staring at them.

Of those who did breastfeed their children, more than half (54%) said they had been asked to leave a restaurant or cafe, while 30% had been asked to move in a shopping centre.

A total of 35% admitted they were forced to feed their baby in a toilet, while half have fled to their car.

The Mother & Baby magazine poll found 65% of respondents said they would be keener to try breastfeeding if there was a more relaxed attitude towards it in British society, and more than two-thirds of mothers called for celebrities to breastfeed in public to encourage acceptance.

A celebrity breastfeeding in public probably wouldn't be asked to leave any premises - and the paparazzi would get some great pictures.

Win... a Pamper Your Senses Package

Do you have Eagle Eyes? Look through the adverts (not editorial) in this week's paper and see if you can spot 3 flowers (see the photo above). Some may be easy to spot, others well hidden or only partially visible. When you have found the three flowers email us with the company names of the three advertisers.

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Runner's up will be advised by email and the email will be considered to be one voucher.
Remember, if you don't win this week, try again next week until the competition ends on the 12th August. Winners will be sent a confirmation letter with instructions on how to claim their prizes.
There is no cash value or alternative to the competition prizes.

Last week's winner was: Emma Ladbrook of Almancil

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Ask the Expert

Q: "I had complications during pregnancy - does this mean my baby is more likely to have autism?"

A: Caroline Hattersley, spokesperson for The National Autistic Society (NAS), says: "Autism is a lifelong developmental disability that affects how a person communicates with, and relates to, other people. It also affects how they make sense of the world around them.

"The causes of autism aren't yet fully understood, but there's evidence to suggest that autism can be caused by a variety of genetic, physical and environmental factors which affect brain development, although it's still unclear how or why this happens.

"While some research, including a review of 40 studies recently published by researchers at Harvard University, has found an association between certain prenatal complications and autism in some instances, it's not yet known how or why this is.

"Also, an association doesn't mean that the prenatal complications necessarily cause the autism.

"Many women experience pregnancy complications without their baby having autism, while others who go on to have children with autism report straightforward pregnancies and that their child displayed no recognisable signs of autism until they were much older.

"While the cause or causes of autism remain uncertain, however, it's understandable that this could be a cause of concern or worry for parents. It's therefore crucial that parents have access to accurate information and support.

"The NAS recommends that anyone who would like further information about autism calls the NAS helpline on 0845 070 4004."

Three ways to...

help keep teenagers safe at summer festivals

1. Make sure they know the facts about drugs: contact Frank, the national drugs information service, on 0800 776 600 or www.talktofrank.com.
2. Warn them not to accept alcoholic drinks from people they don't know, and don't let their drinks out of their sight, to avoid drink spiking.
3. Make sure they know how they're getting home.

Readers Tip

Make a real effort to talk to your toddler normally, as you would to an adult, instead of in a sing-song baby voice with short sentences. It will really help their language development.

Website of the week:

www.shinyschool.co.uk

A team of high-profile names from the worlds of cookery, art and entertainment have joined forces with vitamin supplement maker Haliborange to create a new virtual school that gives free access to exclusive tutorials.

The Shiny School features video cookery tutorials from celebrity TV chef Lesley Waters and art master-classes from CBeebies art presenter Chris Corcoran, and will soon feature creative arts classes from performing arts teacher Sylvia Young.

As well as the tutorials, which are designed to suit three different age groups, (4-6 years, 7-9 years and 10-12 years), there's a wide selection of singalong sheets, 'cookalong' recipes, art projects, dance routines and other materials, plus expert nutritional tips and recipe cards.

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Holiday hair rescue

Lisa Haynes show how to protect your tresses from the heat with our tips.

Everyone loves summer holidays - everyone, that is, except your hair. Because while you're soaking up the sunshine, basking in the heat and splashing in the sea, your favourite holiday pastimes are all taking their toll on your tresses.

Forget about those holiday blues, you could be battling with split ends, faded colour and a dried out mane on your return.

"It is vitally important to look after your hair before you go away, when you are there, and also when you get home," says celebrity stylist Trevor Sorbie (www.trevorsorbie.com).

"On holiday your hair is exposed to many different elements such as the sun, sea and chlorine, which can all dry out the hair and make it brittle and weak."

So how do you avoid a holiday hair hangover? Our top hair experts reveal how to prevent the beach perils and protect your tresses.

Sun seeker

Some like it hot, especially on holiday. If you practically set up camp on the sun lounger when you're on vacation, you need to consider your locks in the same way as SPF for skin. Both need protection from damaging UV rays.

"The best way to prevent sun damage is by covering up with a hat," Trevor suggests. "This will protect your hair from UV rays and help prevent your hair from drying out. You can also try and use a leave-in conditioning spray whilst sunbathing to keep hair moisturised."

Water baby

If you're happiest when you're submerged in the sea or doing laps in the hotel pool, your hair will need a beauty lifeguard on hand to save it from the sea water and chlorine.

Don't panic, you don't have to do your pool-side posing in an unflattering swimcap. Rinsing your hair with water immediately before and after swimming will remove chlorine and impurities and stop your hair drying out.

Trichologist Philip Kingsley says: "Chlorine is more likely to weaken the hair's structure, but salt water is very drying too, so you need to protect your hair in both sea and pool.

"There are a number of water resistant products that contain sunscreens, which are ideal for application to the hair when swimming and in the sun."

Frizz fiend

Ever seen the Friends episode where Monica's hair explodes into a frizzy mess during a holiday to Barbados? "It's the humidity!" she squeals before eventually tackling the problem with corn rows. You don't have to go such extreme lengths...

"On more humid days, tie your hair back," advises George Northwood at Daniel Hersheson. "If you leave your hair down it will react to the frizz. Opt for a bun as a ponytail will leave a dent in the hair. Undo the bun once your body temperature has cooled down and you are in a cooler environment.

"Frizz loves a parting so when drying your hair abroad try to avoid creating a parting," George says.

Top holiday hair savers

Having a hair nightmare abroad? Try out our quick-fix solutions for beach babe locks.

1) If you're suffering with unruly curls or frizz, slick hair back using a leave-in conditioner for a super-groomed look and an added moisture boost.

2) Use a wide-toothed comb to detangle hair after a day on the beach. Start at the ends and work upwards to avoid split ends.

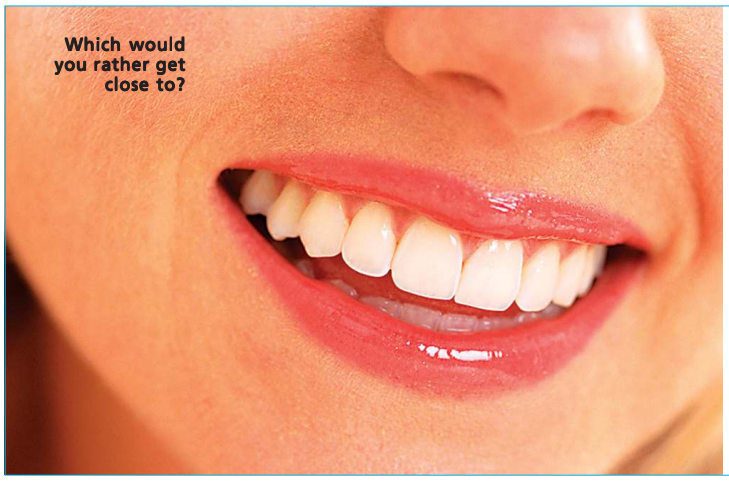
3) A hot humid atmosphere can cause your style to wilt halfway through the night, so keep hair in place with a strong hold hairspray.

4) Braid long hair with leave-in conditioner in the morning to keep you cool during the day. Remove in the evening for loose glossy curls and instant mermaid-like tresses.

5) Treat post-holiday hair to an intensive hair repair treatment mask to nourish sun-parched locks.

Professional BlondMe Blonde Enhancing Sun Screen (www.hairsupermarket.com)

Give yourself a healthy



Do you know how to take care of your teeth and mouth? We take a look at mouth health and discover the best way to keep your teeth in tip-top shape.

They say that the eyes are the window to the soul. But if the mouth is the mirror that reflects our overall health, then most of us are in some serious trouble.

Good oral hygiene not only helps to make or break your teeth and gums - it can also determine your susceptibility to diabetes, heart disease or strokes.

So taking a look inside that deep cavern could, actually, help save your life, says Pamela Coates of the British Dental Health Foundation (BDHF).

"Bacteria in the mouth can enter into the bloodstream and be passed around the body, or they can be inhaled into the lungs and cause respiratory problems," she explains.

"So the more bacteria you have in your mouth, the higher your risk of other health problems. But it's relatively easy to remove the plaque on your teeth - and then you won't have any bacteria to pass around."

Here we look at some of the most common mouth problems and how to solve them.

Mouth ulcers

:: What causes it?

Mouth ulcers are the small sores inside your mouth caused by accidentally biting or grazing the inside of your cheeks or lips, while eating or using a toothbrush incorrectly.

"Up to two-thirds of people get bouts of mouth ulcers at some point in their lives, but they're more common in young adults and children," says Boots pharmacist Angela Chalmers.

"You may also be more susceptible if you have too little iron, folic acid or vitamin B12 in your bloodstream, if you are sensitive to gluten, or someone else in your family is a sufferer."

:: What can you do?

Usually, gargling with a teaspoon of salt in a tumbler of warm water will help the ulcer to heal, says Coates. Otherwise, mouthwashes and gels which contain an antiseptic called chlorhexidine may help reduce the pain and can help ulcers heal faster.

But beware if your ulcer doesn't heal quickly.

"If you have an ulcer for more than three weeks, you should visit your dentist, as there might be something serious going on," warns Coates. "Remember to eat lots of fresh fruit and veg, and practise good oral hygiene to prevent any in the future."

Gum disease

:: What causes it?

Gum disease is linked to potential risk of heart disease, diabetes, stroke, premature birth, low birthweight babies and infertility, according to the BDHF.

People with gum disease are almost twice as likely to have coronary artery disease than those without, as bacteria from the mouth enter the bloodstream, stick to fatty deposits in the blood vessels of the heart and make clots more likely to form.

Pregnant women should also be aware that gum disease can make them seven times more likely to have a premature and low birthweight baby, as gum disease raises the levels of the biological fluids that bring on labour.

"Gum disease can vary from a mild inflammation of the gums - called gingivitis - to advanced gum disease, also known as periodontitis," Chalmers explains.

"Plaque builds up on the teeth and the bacteria in it produces toxins, irritating the tissues and

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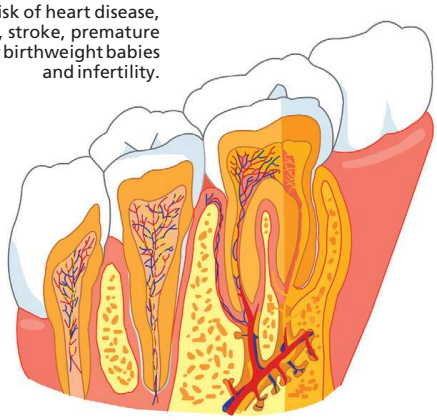

Gum disease is linked to potential risk of heart disease, diabetes, stroke, premature birth, low birthweight babies and infertility.

gums.

"Very often the only sign of gingivitis will be bleeding gums when brushing your teeth. But in more serious cases of periodontitis, the ligaments which attach the gum to your teeth will begin to recede and your teeth may eventually come loose and fall out."

:: What can you do?

Keep your gums healthy by cleaning your teeth properly, paying particular attention to where the gum meets the tooth. Visit your dentist if your gums seem red or swollen or bleed easily, or if you have an unpleasant taste in your mouth, bad breath, loose teeth or regular mouth infections.

Dry mouth

:: What causes it?

Dry mouth, also known as xerostomia, is a normal symptom of ageing but can also be brought on by hormonal changes or medications such as antihistamines, decongestants, painkillers and antidepressants.

Symptoms include a dry and burning sensation in the mouth, cracked lips, bad breath, mouth sores and a dry and rough tongue.

Less saliva in the mouth can also result in oral tissues drying out, allowing bacteria to penetrate and enter the bloodstream.

:: What can you do?

Saliva contains enzymes which help to break down your food and help you swallow. But it also acts as a cleanser, constantly washing around your mouth and teeth, helping to keep your teeth clean and fight decay - so the less you have of it, the more you risk tooth decay and other problems, says Chalmers.

But because less saliva in the mouth is a gradual change, most patients just get used to the feeling, says Coates.

"Dry mouth is one thing that dentists tend not to notice, so it's worth discussing with your doctor if you have any of the symptoms," she explains.

You can reduce the effects of dry mouth by increasing your fluid intake and taking frequent sips of water, says Chalmers.

There are also a number of products designed to provide moisture and comfort to help with dry mouth, like gels, sprays or mouthwash, which stimulate salivary flow and can help prevent tooth and gum problems.

Mouth cancer

:: What is it?

Mouth cancer kills nearly 1,700 people in the UK every year, with most cases linked to tobacco and alcohol, according to the BDHF. Over-exposure to sunlight can also increase the risk of cancer of the lips.

Mouth cancer can appear anywhere in the mouth, and may seem as painless as an ulcer that doesn't heal normally. A white or red patch in the mouth can also become cancerous, so it's essential that you see your dentist if you have any of these symptoms.

:: What can I do?

This type of cancer is usually spotted in its early stages by your dentist, which means there is a good chance of curing it. Cutting down on smoking and drinking, and eating a diet rich in vitamins A, C and E, will all help protect against the development of mouth cancer. Be sure also to look for any changes in your mouth, visit your dentist if necessary and use sunscreen on your lips when exposed to the sun.

"The earlier it's caught, the better treated it is," says Coates. "So if you see anything different in your mouth that hasn't healed within three weeks, see your dentist!"

Top tips for healthy teeth from BDHF

:: Brush twice a day with fluoride toothpaste. Fluoride helps strengthen the enamel of our teeth - go for a toothpaste with around 1,350 to 1,500ppm (parts per million) to it.

:: Clean between your teeth. Floss or an interdental brush should help you rid your mouth of any food decaying between your teeth, where it can cause problems.

:: Avoid sugary snacks and drinks. They only increase your chances of tooth decay!

:: Try to keep off the orange juice. New science has found that orange juice is worse for your teeth than whitening treatments, as the citric acid damages the tooth enamel.

:: Exercise. People who stay fit are 40% less likely to develop gum infections, according to the BDHF.

:: Stop smoking. People who smoke are more likely to produce bacterial plaque that leads to gum disease. Smoking can also lead to tooth staining, bad breath and mouth cancer.

:: For more top tips on keeping your teeth healthy, see the British Dental Health Foundation's website at www.dentalhealth.org.uk or phone 00 44 (0)845 063 1188.

Kate Hodal

Reduce the effects of 'dry mouth' by increasing your fluid intake and taking frequent sips of water.

To reduce bad breath brush your tongue daily when you clean your teeth.

Does just the thought of ice cream put your teeth on edge?

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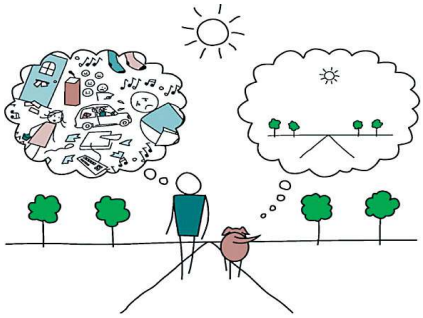

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Zorro and Me

And this is what Zorro did after his bath!! (Above and right)

Well it has taken me a while, but finally got around to watching Marley and Me over the weekend – good job I had my tissues with me, my boys were laughing at their soppy mother, but they had not stayed still for long enough to watch it – the pool was too inviting, I know that they would have joined me sobbing at the sad bits!

Anyway it brought home so many things with reference to Zorro. Some of you may remember various stories about Zorro. He is a big Great Dane crossed with Pitbull – we think! When he first arrived in the garden, we fostered him while we found him a home – well 2 years later he is still with us. He is a complete nightmare, he eats anything from anywhere, unpacks the shopping and the rubbish. If you tickle his head he decides that that is an invitation to sit on your lap and he doesn't do gentle just lolup! He is ungainly and clumsy! He thinks that he can go anywhere and do anything. As for training and walking on a lead – forget it! And yes, just like Marley, he has been called the "worst dog in the world" on occasions.

But just like Marley, his devotion is boundless! He loves us unconditionally, and yes he is not the most graceful or elegant of dogs but he just wants to be with us – attached to my heel most of the time, standing on my shoes and tripping me up! He will go out with the children when they go on their bikes and he will stay with them and watch them. He is the soppiest and sloppiest dog I have had. Buster was a gentle sweet dog but he had one big fault – consistent barking in the car. Maisie was the sweetest of all but she chased the cats! Jess is fantastic but if she gets out of the gate unleashed, she will disappear for 6 hours. They all have their faults – don't we all!

Marley's story shows that whatever the dog, they all have their little (or big) habits or problems that can really stress us at times. But their love and support is worth putting up with all of their naughtiness. They give unconditional love and devotion which we will get from no other!

If you do watch Marley and Me – don't forget the tissues! And Zorro, we love you loads – you great big soppy horse!

Protect your pet with knowledge. Knowledge is power and it could mean the difference between life and death. All our advice is given freely and in good faith. Please always discuss any pet problems with a qualified veterinary surgeon or other professional.

Julie Pickering
Paws 4 Pets 917 152 209
www.paws4pets.net

In the news this week

In Bristol a dog was rescued by fire-fighters when it was left dangling by its paws from a window ledge, after slipping from the window sill – 15 metres above the ground. Fire crews arrived to find a neighbour up a ladder supporting the dog's weight, the dog was returned to its owners, who had slept through the event. Luckily the dog was unhurt in the ordeal.

Clyde is a five year old Border Collie who is blind. But Clyde has a guide dog in the form of 2 year old Bonnie. Bonnie guides him on walks or towards food and lets him rest on her when he becomes disorientated. The best friends were brought to the animal shelter after they were found wandering the streets in a rain storm.

If you want to watch a sweet video, look for sneezing baby panda on youtube.

Protect your pet with knowledge. Knowledge is power and it could mean the difference between life and death. All our advice is given freely and in good faith. Please always discuss any pet problems with a qualified veterinary surgeon or other professional.

Julie Pickering
Paws 4 Pets 917 152 209
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HORSE AND HOUND 2009

HORSE and HOUND takes place on Sunday 2 August 2009 at 16h00 at PINETREES RIDING CENTRE. Pinetrees Riding Centre is on the road between Vale do Lobo and Quinta do Lago.

COME AND JOIN IN ALL THE FUN AT PINETREES RIDING CENTRE AND HELP RAISE MONIES FOR LOCAL CHARITIES.

Horse and Rider team up with a Dog and Handler to complete a fun obstacle or jumping course against the clock. Vouchers and rosettes presented by the sponsors **MERRYLEGS PET RESORT, PAWS4PETS AND EKI LOULI**. Entry fees will be split between two deserving local animal charities ... **CEARC Horse Helpline** and **Spaying for Stray Dogs,** a project to help with the sterilization and treatment of abandoned dogs initiated by Merrylegs Pet Resort and Torrejão Veterinary Clinic.

Refreshments will also be available to help raise funds for **Riding for the Disabled in the Algarve**.

The cost of is €5 for each horse and each hound participating as a team for the first attempt.

Subsequent attempts will cost €2 for each horse and each hound. There is no limit to the number of times you can enter. Spectators are free.

The Horse and Hound show is fast becoming a ´not to be missed´ event for horse and dog lovers across the Algarve ... so why not come along to either take part or just to watch.

For further information, contact:
Beverley Gibbons at Pinetrees
Riding Centre on 289 394 369 / 919 363 190

Hi There !

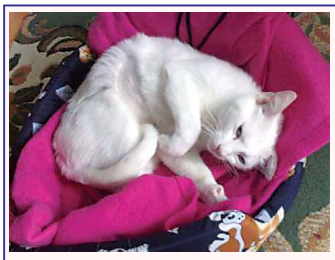
There are many cute KITTENS like the one on the right waiting for a nice loving home. There are also lovely adult cats that want to keep you company. Visit us to see how beautiful we are. Please call Valérie for a visit 913 860 865 or 282 342 823 (evenings) lili10.evann@yahoo.fr

I currently have this little girl who was abandoned. She is 6/8 weeks old and is an amazing silver brown and tan with 2 white feet. She is TINY and will not be a big dog. She craves affection and is just happy to sleep on your feet... or any part of you that she can reach. She really does'nt take up much room!!! If you can help, please call me and I can drive half way if it's a long way. Tania Maughan, Phone-fax 282 449 650 / Mobile 935 432 221 / www.sosalgarveanimals.blogspot.com

CHRISTEL is a very sweet young bitch. She is around 7 months old and is a German Shepperd X. Christel is full of energy and will enjoy long walks and a garden to run around and guard you. She has been wormed, deflead and vaccinated. Please call Valérie for a visit 913 860 865 or 282 342 823 (evenings) lili10.evann@yahoo.fr

FLASH is a lovely young Border Colley X. He had a bad start in life as he was abandoned in Alvor when puppy. Flash is very playful and always ready for long walks. He likes other dogs and is no trouble at all. He is 1 year old, has been wormed, deflead, vaccinated and castrated (Tested negative for heart worm). Call Valérie for a visit 913 860 865 or 282 342 823 (eves) lili10.evann@yahoo.fr

PIKALILLY - 8 week old female (will be spayed when old enough), vaccinated, wormed and deflead puppy seeks wonderful home with garden. She will be on the large side to medium when she is fully grown. She is playful, cuddly, very smart and in excellent health. Enjoys playing with our other dogs and cat, and playing in the garden with the hose. Please call if you would like to meet her. Barbara 965 135 120 or 282 332 416



Fofinha is a beautiful female cat with blue eyes around 1 year old, very friendly and gentle. She was sterilised but unfortunately a small piece of ovaries was left and now it is impossible to remove it. It means that she cannot get pregnant but she enters into heat and then she miauls.... like a cat in heat. She might have to take pills even if she is sterilised, that should calm down her reactions in heat. She had been adopted but for that reason given back. We are looking for a family for her that would not care about this problem. Please contact us at sesimbra.bianca@gmail.com or see more cats and kittens at www.bianca.pt/english

Bianca

Dive in for a sumptuous feast

We all know London is a fast moving place. What is there one day may be gone the next! Take Pearl Insurance for example. After building Chancery Court in 1914 as their main headquarters, it wasn't to last and in 2004 it reopened as a Renaissance Hotel. This posed the question of what to do with the main banking hall? The answer was simple; make it a restaurant and what to call it? You guessed it - Pearl.

Many times you hear of a restaurant with a themed name and so many times they get it wrong. However at Pearl they got it right. With the design being undertaken by United Designers, and having a place like Nobu under their belt, they took Pearl and ran with it. As you walk into the old banking hall, you can still feel the history with the large marble pillars and flooring, giving the feeling of stature. But then the sophistication comes from the fact that there are over a million hand-strung pearls hanging from the chandeliers and trails of pearls forming tasteful dividers, leaving you surrounded by elegance. Whether you are dining with a group of friends, family or on a date, this is somewhere that will impress and set the mood. The dining room is spacious but with an intimate feel to it.

Amid starched white table cloths, pearl-like spotlights coming from the middle of the tables, which unfortunately over-glared the food a little but were atmospheric nonetheless.

Once given the invite to try Jun Tanaka's food I'll have to admit I was more than curious. After spending 10 years working under some of London's best chefs ranging from Marco Pierre White, the infamous Roux brothers and at one point, like myself being a sous chef for Eric Chavot, it hit a personal note. What can become of a Michelin trained chef? With seasonal menus Jun puts all his skills to use. So what more fitting way to experience the food than to choose the chef's menu, after all if you are going on a journey then let your host lead you!

To start the journey, we were given a canapé selection closely followed by a delicate watermelon gazpacho which really got your taste buds watering. Then came a dish focused on the heritage tomato - it's always interesting to see a chef take one ingredient and see how he can get the most out of it. In this case Jun pulled it off. He managed to put many different layers of tomato from fresh, confit, sun blushed to dried, all suspended in light tomato jelly that elegantly melted on your tongue. Then to give the dish some richness, he added a light goat's cheese mousse, which was brought to life with the crunch of a tomato bread crustine. A great summer dish!

Next came seared and confit yellow fin tuna, roast pepper salad and black olive dressing. Now this was a bold dish with big flavours. While the seared tuna rolled in spice was the emphasis of the dish, it didn't overshadow the confit tuna which could have been cooked a little lower, or the robust pepper salad with a caper flavour background and a tomato jelly rounding the dish off. Very enjoyable!

Moving on to the main course which was roast leg of lamb, braised shoulder, spring vegetables, and lavender and mint jelly. When the dish was served you could see where the inspiration came from, a spring lamb in a field! It was composed of five cuts of lamb from the tongue to the loin. Nose to tail eating! It wasn't heavy, mainly because the vegetables were so light, or perhaps it was the mint jelly, or it could equally have been the floral lavender which all in all threw you right in the middle of an airy, spring meadow. Yet again another dish that worked.

After a short pause we moved on to the pre-dessert of vanilla mouse, elderflower white wine jelly and raspberry espuma. It was so visually stunning it couldn't help but distract you from your date's eyes. Completing the meal, a Swiss roll comprising raspberry mousse, pistachio sponge and raspberry sorbet. This tasted just as it looked - light and balanced. The sorbet cut though the creamy mousse and sponge perfectly.

In the centre of the restaurant is the wine 'vault' leading you to you wonder what red and white delights might come from it. Sommelier Frederic Tanohkoutoua has over 1,400 bottles and is only too happy to let you sample them. The wines he chose to match the menu were diverse and well selected with a muddy water Pinot Noir NZ 2006 to Quinta do Portal, Grand reserva, Douro, 2000. Of course, it was an absolute delight to have a Portuguese wine in London.

The service overall was attentive and professional, you really got the feeling that the staff cared and liked the food. So now you might be wondering will I have to cancel my insurance payments to eat at Pearl? The truth is for the level of food and service, it was value for money with lunch costing £26/€30 for two courses or £29/€33 for three. If an evening meal is more your thing you can enjoy one course for £32/€37 and three for £55/€63. Perhaps like me three courses aren't enough and you want to go for the tasting experience, in which case it's £65/€75 for five courses. Frederic can also work his magic and match wines with every course for £115/€133.

With London being the oyster it is, could you open it up to find a pearl in the centre? Well the answer is yes and it comes polished and ready to be appreciated in the form of a restaurant!

TRAVEL FACTS:

Pearl Restaurant, Renaissance Chancery Court, 252 High Holborn London. Tel: 00 44 207 829 9888.

George Tannock

The Cavendish Hotel weekend offer

The four-star deluxe Cavendish Hotel, London has a fantastic weekend offer. From 1 Aug. - 30 Nov. 2009, guests will be able to enjoy a luxurious stay for just £139/€160 per room per night, including a full English breakfast for two. The Cavendish Hotel is located in the heart of London just moments from all major attractions. For details and to book: www.thecavendishlondon.com

ALGARVE

SBC FORUM ALGARVE
TEL: 289 887 212
30 JUL-5 AUG

1
Hotel for Dogs PV
Emma Roberts, Don Cheadle
(11.40 Sat & Sun)
The Proposal
Sandra Bullock, Ryan Reynolds
14.20
The Hangover
Bradley Cooper, Ed Helms
16.50-19.10
Hannah Montana: The Movie
Miley Cyrus, Lucas Till PV
21.30
The Boat That Rocked
Philip Seymour Hoffman, Bill Nighy
00.25
2
Two Lovers
Joaquin Phoenix, Gwyneth Paltrow
(11.05 Sat & Sun) 13.45-16.15-21.10-23.40
Ice Age 3: Dawn of the Dinosaurs
Animation OV
18.45
3
Brüno
Sacha Baron Cohen, Gustaf Hammarsten
(12.15 Sat & Sun) 17.00-21.50-00.00
The Boat That Rocked
Philip Seymour Hoffman, Bill Nighy
14.10-19.00
4
Hannah Montana: The Movie
Miley Cyrus, Lucas Till PV
(11.00 Sat & Sun) 14.40-17.20-20.00
The Hangover
Bradley Cooper, Ed Helms
22.00-00.20
5
Harry Potter and the Half Blood Prince
Daniel Radcliffe, Emma Watson
(11.15 Sat & Sun) 14.30-17.45-21.00-00.15
6
Ice Age 3: Dawn of the Dinosaurs
Animation OV
(11.50 Sat & Sun) 14.05
The Proposal
Sandra Bullock, Ryan Reynolds
16.20-18.50-21.20-23.50
Fighting
Channing Tatum, Terrence Howard
00.45
7
Ice Age 3: Dawn of the Dinosaurs
Animation PV
(10.45 Sat & Sun) 19.25
Harry Potter and the Half Blood Prince
Daniel Radcliffe, Emma Watson
12.55-16.10-21.40
8
Igor
Animation PV
(11.10 Sat & Sun) 13.25-15.25-17.35
Five Minutes of Heaven
Liam Neeson, James Nesbitt
19.45-21.55-00.10
9
O Gato das Botas
Animation PV
(10.00-12.00 Sat & Sun)
The Young Victoria
Emily Blunt, Rupert Friend
13.05-19.45
Ice Age 3: Dawn of the Dinosaurs
Animation PV
15.25-17.35
The Haunting in Connecticut
Virginia Madsen, Martin Donovan
22.10-00.30

CASTELLO LOPES CINEMAS ALGARVESHOPPING
TEL: 707 220 220
30 JUL-5 AUG

1
Coco Avant Chanel
Audrey Tautou, Alessandro Nivola
13.15-16.20-19.00-21.40-00.05
2
Ice Age 3: Dawn of the Dinosaurs
Animation PV
13.00-15.00-17.05-19.10-21.20-00.15
3
Igor
Animation PV
13.50-16.30-18.40
Brüno
Sacha Baron Cohen, Gustaf Hammarsten
21.25-23.50
4
Ice Age 3: Dawn of the Dinosaurs
Animation PV
13.20-16.00-18.25
The Boat That Rocked
Philip Seymour Hoffman, Bill Nighy
21.00-23.45
5
The Proposal
Sandra Bullock, Ryan Reynolds
13.05-15.50-18.20-21.10
Harry Potter and the Half Blood Prince
Daniel Radcliffe, Emma Watson
23.30
6
The Uninvited
Emily Browning, Elizabeth Banks
13.10-15.10-17.15-19.20-21.50-00.10
7
Hannah Montana: The Movie
Miley Cyrus, Lucas Till
13.30-16.10-18.50-21.30-00.00
8
Harry Potter and the Half Blood Prince
Daniel Radcliffe, Emma Watson
12.45-15.45-18.45-21.45
9
The Haunting in Connecticut
Virginia Madsen, Martin Donovan
13.40-15.55-18.30-21.15-23.40

CASTELLO LOPES CINEMAS PORTIMÃO
TEL: 707 220 220
30 JUL-5 AUG

1
Harry Potter and the Half Blood Prince
Daniel Radcliffe, Emma Watson
12.40-15.35-18.40-21.40
2
The Uninvited
Emily Browning, Elizabeth Banks
12.50-14.50-17.00-19.00-21.50-23.50
3
The Proposal
Sandra Bullock, Ryan Reynolds
12.55-15.45-18.30-21.20
Harry Potter and the Half Blood Prince
Daniel Radcliffe, Emma Watson
23.40
4
The Haunting in Connecticut
Virginia Madsen, Martin Donovan
13.10-15.50-19.00-22.00-00.15
5
Ice Age 3: Dawn of the Dinosaurs
Animation PV
12.45-14.45-16.55-19.05-21.10
Brüno
Sacha Baron Cohen, Gustaf Hammarsten
00.10
6
Hannah Montana: The Movie
Miley Cyrus, Lucas Till
13.20-16.00-18.50-21.30-00.00

CENTRE

LUSOMUNDO ALMADA FORUM
TEL: 707 246362
30 JUL-5 AUG

Hannah Montana: The Movie
Miley Cyrus, Lucas Till PV
The Uninvited
Emily Browning, Elizabeth Banks
Two Lovers
Joaquin Phoenix, Gwyneth Paltrow
The Boat That Rocked
Philip Seymour Hoffman, Bill Nighy
The Haunting in Connecticut
Virginia Madsen, Martin Donovan
Igor
Animation PV
Transsiberian
Woody Harrelson, Ben Kingsley
Harry Potter and the Half Blood Prince
Daniel Radcliffe, Emma Watson
Fighting
Channing Tatum, Terrence Howard
The Proposal
Sandra Bullock, Ryan Reynolds
Brüno
Sacha Baron Cohen, Gustaf Hammarsten
Ice Age 3: Dawn of the Dinosaurs
Animation PV & OV
Transformers: Revenge of the Fallen
Shia LaBeouf, Megan Fox
The Hangover
Bradley Cooper, Ed Helms

LUSOMUNDO ALVALÁXIA
TEL: 21 754 9000
30 JUL-5 AUG

Hannah Montana: The Movie
Miley Cyrus, Lucas Till PV
The Uninvited
Emily Browning, Elizabeth Banks
Two Lovers
Joaquin Phoenix, Gwyneth Paltrow
The Boat That Rocked
Philip Seymour Hoffman, Bill Nighy
The Haunting in Connecticut
Virginia Madsen, Martin Donovan
Igor
Animation PV
Transsiberian
Woody Harrelson, Ben Kingsley
Harry Potter and the Half Blood Prince
Daniel Radcliffe, Emma Watson
Fighting
Channing Tatum, Terrence Howard
Doomsday
Rhona Mitra, Bob Hoskins
The Proposal
Sandra Bullock, Ryan Reynolds
Brüno
Sacha Baron Cohen, Gustaf Hammarsten
Ice Age 3: Dawn of the Dinosaurs
Animation PV
The Hangover
Bradley Cooper, Ed Helms

LUSOMUNDO AMOREIRAS
TEL: 707 246362
30 JUL-5 AUG

Two Lovers
Joaquin Phoenix, Gwyneth Paltrow
Nothing But The Truth
Kate Beckinsale, Matt Dillon
Five Minutes of Heaven
Liam Neeson, James Nesbitt
Harry Potter and the Half Blood Prince
Daniel Radcliffe, Emma Watson
The Young Victoria
Emily Blunt, Rupert Friend
The Proposal
Sandra Bullock, Ryan Reynolds
Ice Age 3: Dawn of the Dinosaurs
Animation PV

LUSOMUNDO CASCAISHOPPING
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30 JUL-5 AUG

Hannah Montana: The Movie
Miley Cyrus, Lucas Till PV
Two Lovers
Joaquin Phoenix, Gwyneth Paltrow
The Boat That Rocked
Philip Seymour Hoffman, Bill Nighy
Igor
Animation PV
Five Minutes of Heaven
Liam Neeson, James Nesbitt
Harry Potter and the Half Blood Prince
Daniel Radcliffe, Emma Watson
The Proposal
Sandra Bullock, Ryan Reynolds
Ice Age 3: Dawn of the Dinosaurs
Animation PV

LUSOMUNDO COLOMBO
TEL: 707 246362
30 JUL-5 AUG

Hannah Montana: The Movie
Miley Cyrus, Lucas Till
The Uninvited
Emily Browning, Elizabeth Banks
Two Lovers
Joaquin Phoenix, Gwyneth Paltrow
The Boat That Rocked
Philip Seymour Hoffman, Bill Nighy
The Haunting in Connecticut
Virginia Madsen, Martin Donovan
Igor
Animation PV
Harry Potter and the Half Blood Prince
Daniel Radcliffe, Emma Watson
Fighting
Channing Tatum, Terrence Howard
The Proposal
Sandra Bullock, Ryan Reynolds
Brüno
Sacha Baron Cohen, Gustaf Hammarsten
Ice Age 3: Dawn of the Dinosaurs
Animation PV & OV

UCI CINEMAS EL CORTE INGLÉS
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30 JUL-5 AUG

Hannah Montana: The Movie
Miley Cyrus, Lucas Till
Two Lovers
Joaquin Phoenix, Gwyneth Paltrow
Nothing But The Truth
Kate Beckinsale, Matt Dillon
De Profundis
Animation
The Boat That Rocked
Philip Seymour Hoffman, Bill Nighy
The Haunting in Connecticut
Virginia Madsen, Martin Donovan
Five Minutes of Heaven
Liam Neeson, James Nesbitt
Harry Potter and the Half Blood Prince
Daniel Radcliffe, Emma Watson
The Young Victoria
Emily Blunt, Rupert Friend
The Proposal
Sandra Bullock, Ryan Reynolds
Brüno
Sacha Baron Cohen, Gustaf Hammarsten
Ice Age 3: Dawn of the Dinosaurs
Animation PV & OV
Coco Avant Chanel
Audrey Tautou, Alessandro Nivola
The Hangover
Bradley Cooper, Ed Helms
State of Play
Russell Crowe, Ben Affleck

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30 JUL-5 AUG

Harry Potter and the Half Blood Prince
Daniel Radcliffe, Emma Watson
Fighting
Channing Tatum, Terrence Howard
The Proposal
Sandra Bullock, Ryan Reynolds
City of Ember
Saoirse Ronan, Bill Murray
The Last House on the Left
Tony Goldwyn, Monica Potter
Ice Age 3: Dawn of the Dinosaurs
Animation PV
Transformers: Revenge of the Fallen
Shia LaBeouf, Megan Fox
The Hangover
Bradley Cooper, Ed Helms

LUSOMUNDO VASCO DA GAMA
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30 JUL-5 AUG

Hannah Montana: The Movie
Miley Cyrus, Lucas Till PV
The Boat That Rocked
Philip Seymour Hoffman, Bill Nighy
Igor - Animation PV
Harry Potter and the Half Blood Prince
Daniel Radcliffe, Emma Watson
The Proposal
Sandra Bullock, Ryan Reynolds
Brüno
Sacha Baron Cohen, Gustaf Hammarsten
Ice Age 3: Dawn of the Dinosaurs
Animation PV

UCI CINEMAS DOLCE VITA TEJO
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30 JUL-5 AUG

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The Uninvited
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Two Lovers
Joaquin Phoenix, Gwyneth Paltrow
The Haunting in Connecticut
Virginia Madsen, Martin Donovan
Igor - Animation PV
Harry Potter and the Half Blood Prince
Daniel Radcliffe, Emma Watson
Fighting
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The Proposal
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Brüno
Sacha Baron Cohen, Gustaf Hammarsten
Ice Age 3: Dawn of the Dinosaurs
Animation PV
Transformers: Revenge of the Fallen
Shia LaBeouf, Megan Fox
The Hangover
Bradley Cooper, Ed Helms

NORTH

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30 JUL-5 AUG

Hannah Montana: The Movie
Miley Cyrus, Lucas Till
The Uninvited
Emily Browning, Elizabeth Banks
Two Lovers
Joaquin Phoenix, Gwyneth Paltrow
Nothing But The Truth
Kate Beckinsale, Matt Dillon
The Boat That Rocked
Philip Seymour Hoffman, Bill Nighy
The Haunting in Connecticut
Virginia Madsen, Martin Donovan
Igor
Animation PV
Transsiberian
Woody Harrelson, Ben Kingsley
Five Minutes of Heaven
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Fighting
Channing Tatum, Terrence Howard
The Young Victoria
Emily Blunt, Rupert Friend
Coco Avant Chanel
Audrey Tautou, Alessandro Nivola
The Proposal
Sandra Bullock, Ryan Reynolds
Brüno
Sacha Baron Cohen, Gustaf Hammarsten
Ice Age 3: Dawn of the Dinosaurs
Animation PV
The Hangover
Bradley Cooper, Ed Helms

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30 JUL-5 AUG

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The Uninvited
Emily Browning, Elizabeth Banks
Harry Potter and the Half Blood Prince
Daniel Radcliffe, Emma Watson
The Proposal
Sandra Bullock, Ryan Reynolds
Brüno
Sacha Baron Cohen, Gustaf Hammarsten
Ice Age 3: Dawn of the Dinosaurs
Animation PV
The Hangover
Bradley Cooper, Ed Helms

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30 JUL-5 AUG

The Uninvited
Emily Browning, Elizabeth Banks
Harry Potter and the Half Blood Prince
Daniel Radcliffe, Emma Watson
Fighting
Channing Tatum, Terrence Howard
The Proposal
Sandra Bullock, Ryan Reynolds
Brüno
Sacha Baron Cohen, Gustaf Hammarsten
Ice Age 3: Dawn of the Dinosaurs
Animation PV
The Hangover
Bradley Cooper, Ed Helms

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30 JUL-5 AUG

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Two Lovers
Joaquin Phoenix, Gwyneth Paltrow
The Boat That Rocked
Philip Seymour Hoffman, Bill Nighy
The Haunting in Connecticut
Virginia Madsen, Martin Donovan
Harry Potter and the Half Blood Prince
Daniel Radcliffe, Emma Watson
The Proposal
Sandra Bullock, Ryan Reynolds
Brüno
Sacha Baron Cohen, Gustaf Hammarsten
City of Ember
Saoirse Ronan, Bill Murray
Ice Age 3: Dawn of the Dinosaurs
Animation PV
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LUSOMUNDO DOLCE VITA PORTO
TEL: 707 246362
30 JUL-5 AUG

Two Lovers
Joaquin Phoenix, Gwyneth Paltrow
The Boat That Rocked
Philip Seymour Hoffman, Bill Nighy
Five Minutes of Heaven
Liam Neeson, James Nesbitt
Harry Potter and the Half Blood Prince
Daniel Radcliffe, Emma Watson
The Proposal
Sandra Bullock, Ryan Reynolds
Brüno
Sacha Baron Cohen, Gustaf Hammarsten
Ice Age 3: Dawn of the Dinosaurs
Animation PV

LUSOMUNDO MAIA SHOPPING
TEL: 707 246362
30 JUL-5 AUG

Harry Potter and the Half Blood Prince
Daniel Radcliffe, Emma Watson
Fighting
Channing Tatum, Terrence Howard
The Proposal
Sandra Bullock, Ryan Reynolds
Ice Age 3: Dawn of the Dinosaurs
Animation PV
Doomsday
Rhona Mitra, Bob Hoskins

LUSOMUNDO GAIA SHOPPING
TEL: 707 246362
30 JUL-5 AUG

Hannah Montana: The Movie
Miley Cyrus, Lucas Till PV
Igor - Animation PV
Harry Potter and the Half Blood Prince
Daniel Radcliffe, Emma Watson
Fighting
Channing Tatum, Terrence Howard
The Proposal
Sandra Bullock, Ryan Reynolds
City of Ember
Saoirse Ronan, Bill Murray
Ice Age 3: Dawn of the Dinosaurs
Animation PV
Transformers: Revenge of the Fallen
Shia LaBeouf, Megan Fox
The Hangover
Bradley Cooper, Ed Helms
Hero Wanted
Cuba Gooding Jr, Ray Liotta

LUSOMUNDO NORTE SHOPPING
TEL: 707 246362
30 JUL-5 AUG

Hannah Montana: The Movie
Miley Cyrus, Lucas Till PV
Two Lovers
Joaquin Phoenix, Gwyneth Paltrow
The Boat That Rocked
Philip Seymour Hoffman, Bill Nighy
The Haunting in Connecticut
Virginia Madsen, Martin Donovan
Harry Potter and the Half Blood Prince
Daniel Radcliffe, Emma Watson
The Proposal
Sandra Bullock, Ryan Reynolds
Brüno
Sacha Baron Cohen, Gustaf Hammarsten
Ice Age 3: Dawn of the Dinosaurs
Animation PV

LUSOMUNDO PARQUE NASCENTE
TEL: 707 246362
30 JUL-5 AUG

Hannah Montana: The Movie
Miley Cyrus, Lucas Till PV
The Uninvited
Emily Browning, Elizabeth Banks
Two Lovers
Joaquin Phoenix, Gwyneth Paltrow
The Haunting in Connecticut
Virginia Madsen, Martin Donovan
Transsiberian
Woody Harrelson, Ben Kingsley
Harry Potter and the Half Blood Prince
Daniel Radcliffe, Emma Watson
Fighting
Channing Tatum, Terrence Howard
The Proposal
Sandra Bullock, Ryan Reynolds
Brüno
Sacha Baron Cohen, Gustaf Hammarsten
Ice Age 3: Dawn of the Dinosaurs
Animation PV
Transformers: Revenge of the Fallen
Shia LaBeouf, Megan Fox
The Hangover
Bradley Cooper, Ed Helms

OV = Original Version
PV = Portuguese Version

Walt Disney Pictures takes the Disney Channel phenomenon to the big screen in the feature film extravaganza *Hannah Montana: The Movie*. Miley Stewart (Miley Cyrus) struggles to juggle school, friends and her secret pop-star persona; when Hannah Montana's soaring popularity threatens to take over her life - she just might let it. So her father (Billy Ray Cyrus) takes the teen home to Crowley Corners, Tennessee, for a dose of reality, kicking off an adventure filled with the kind of fun, laughter and romance even Hannah Montana couldn't imagine.

Filmed entirely on location in and around Nashville, Tennessee, and Los Angeles, California, *Hannah Montana: The Movie* stars Miley Cyrus, Emily Osment, Jason Earles, Mitchel Musso, Moises Arias and Billy Ray Cyrus. Also starring are Melora Hardin, Margo Martindale, Barry Bostwick, Peter Gunn, Lucas Till and Vanessa Williams. Guest stars include Tyra Banks, Taylor Swift and country music trio Rascal Flatts.

MILEY CYRUS

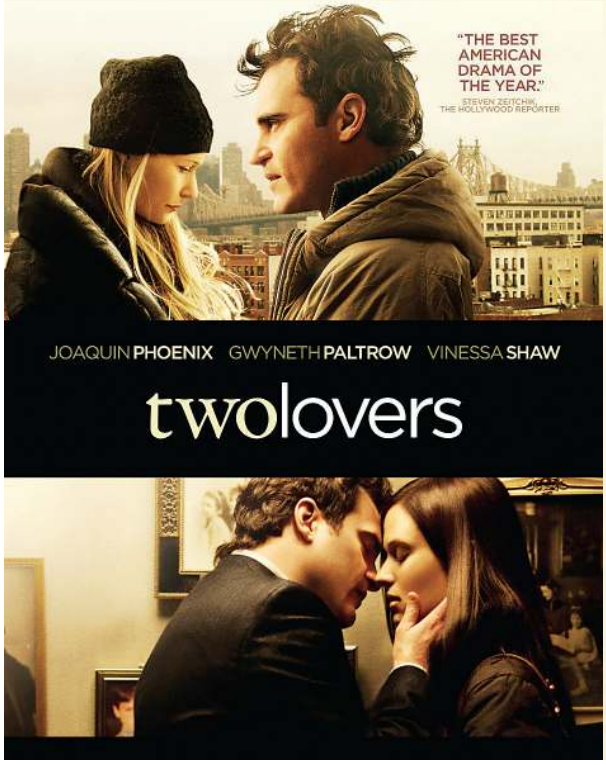
SHE HAS THE BEST OF BOTH WORLDS...
NOW, SHE HAS TO CHOOSE JUST ONE.

WALT DISNEY PICTURES PRESENTS HANNAH MONTANA THE MOVIE

FEATURING 12 BRAND-NEW SONGS

Set in the insular world of Brighton Beach, Brooklyn, *Two Lovers* is a classic romantic drama loosely based on Dostoevsky's *White Nights*, with Joaquin Phoenix giving a raw and vulnerable performance as Leonard, a charismatic but troubled young man who moves back into his childhood home following a recent heartbreak. While recovering under the watchful eye of his parents (Isabella Rossellini and Moni Monoshov), Leonard meets two women in quick succession: Michelle (Gwyneth Paltrow), his beautiful yet volatile neighbour who is also having an affair with a married man (Elias Koteas), and Sandra (Vinessa Shaw), the lovely and caring daughter of a businessman who is buying out his family's dry-cleaning business.

Leonard becomes deeply infatuated with Michelle and he begins to find unseen depths in Sandra. Leonard is forced to make an impossible decision – between the impetuousness of desire and the comfort of love – or risk falling back into the darkness that nearly killed him.



Based on the Kim Jee-Woon's 2003 Korean horror film of the same name, *The Uninvited* revolves around Anna (Emily Browning), who returns home after spending time in the hospital following the tragic death of her mother.

Her recovery suffers a setback when she discovers her father (David Strathairn) has become engaged to her mother's former nurse, Rachel (Elizabeth Banks). That night, Anna is visited by her mother's ghost, who warns her of Rachel's intentions.

Together, Anna and her sister (Arielle Kebbel) try to convince their father that his current fiancée is not who she pretends to be, and what should have been a happy family reunion becomes a lethal battle of wills between stepdaughters and stepmother.

Film Classification

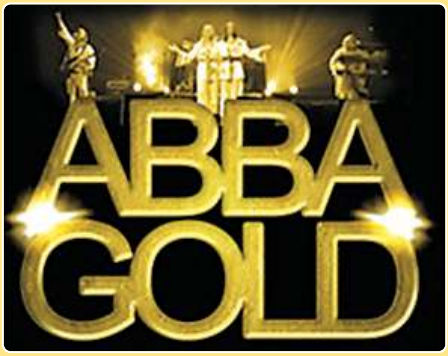
Hannah Montana: The Movie - M/6
The Uninvited - M/12
Two Lovers - M/12
Nothing But The Truth - M/12
The Boat That Rocked - M/12
The Haunting in Connecticut - M/16
Igor - M/6
Transsiberian - M/16
Harry Potter and the Half-Blood Prince - M/12
Fighting - M/12
The Young Victoria - M/12
Doomsday - M/16
The Proposal - M/12
Brüno - M/12
City of Ember - M/12
Ice Age 3 - M/6
The Last House on the Left - M/18
Transformers 2 - M/12
The Hangover - M/12

M/4 - Suitable for audiences aged four years and over
M/6 - Suitable for audiences aged six years and over
M/12 - Suitable for audiences aged 12 years and over
M/16 - Suitable for audiences aged 16 years and over
M/18 - Suitable for audiences aged 18 years and over

HIGHLIGHTS

ALMANCIL - August 2 - Fun and Games for Horses and Hounds - Come and join in all the fun and games at Pinetrees Riding Centre at the annual Horse and Hound event and help raise monies for deserving local charities. The event, which starts at 16h00, involves Horse and Rider teaming up with a Dog and Handler to complete a fun obstacle or small jumping course against the clock. Vouchers and rosettes presented by the sponsors Merrylegs Pets Resort, Paws 4 Pets and Eki Loulé. Entry fees will be split between two deserving local animal charities ... CEARC Horse Helpline and Spaying for Stray Dogs, a project to help with the sterilisation and treatment of abandoned dogs initiated by Merrylegs Pet Resort and Torrejão Veterinary Clinic. Refreshments will also be available to help raise funds for Riding for the Disabled in the Algarve. The cost of is 5 for each horse and each hound participating as a team for the first attempt. Subsequent attempts will cost 2 for each horse and each hound. There is no limit to the number of times you can enter. Spectators are free. The Horse and Hound show is fast becoming a ´not to be missed´ event for horse and dog lovers across the Algarve ... so why not come along to either take part or just to watch. For further information, contact: Beverley Gibbons at Pinetrees Riding Centre on 289 394 369 / 919 363 190 (Pinetrees Riding Centre is situated on the road between Vale do Lobo and Quinta do Lago, Almancil.)

VILA REAL DE SANTO ANTÓNIO - August 14 - Mariza in Concert on the riverfront at 22h00 - With a career full of great successes, 'Fado in Me' (2001), 'Fado Curvo' (2003), 'Transparent' (2005) and 'Concert in Lisbon' (2006), plus the DVD 'Live In London' (2004), all with a plethora of awards for Platinum, Mariza has become the Portuguese voice with more soul acclaimed throughout the world. In seven years, Mariza won, by the strength of soul and voice, her discipline and work, the status of great universal singers like - Amália, Piaf, Elis, Ella, Garland and another handful of women whose name obtained world recognition.



VILAMOURA - August 18 - Concert at Vila Sol at 22h00 - The party promises to be a success at the sound of Abba music performed by the world acclaimed band Abba Gold, considered the best band in tribute of the Swedish quartet. The Abba marked a generation and left a legacy unmatched by placing nordic music in the map - after the quartet won the Eurovision Song Festival in 1974, they edited dozens of successes achieving worldwide fame. To see, live, all the major successes of the career of the Swedish quartet Abba are the Gold Abba, who present a unique show during which you will hear themes like "Dancing Queen" or "Thank You For The Music."

SOUTH

ALBUFEIRA

August 1

Concert by -Seal - The event will take place at Herdade dos Salgados - Tickets €30 - To buy tickets please see bottom of page

ARMAÇÃO DE PERA

August 13

Open Air Quiz Night in aid of APAA at Sítio da Torre, Armação de Pêra. Directions will be given when reservations are made. 10 per person for Quiz and Supper, including dessert and drinks. Please bring your own table and chairs and a light for your table. To reserve - Jenny 282 471 851 - Pat 282 322 203 - apaaportugal@hotmail.com

FARO

August 1

7th Algarve International Dance Festival - Teatro das Figuras - 22h00 - Tickets €10 - Teatro das Figuras - 289 888 100 - www.teatromunicipal defaro.pt

LAGOA

August 6,7& 8

Sons do Atlântico (Atlantic Sounds – Street entertainment : 6th Deolinda 'Danae'; 7th Sara Tavares 'Kilema'; 8th Caravan Palace 'Dites 34' - With the Atlantic Ocean as the background in front of Srª da Rocha, Porches - T. 282 380 434 - www.cm-lagoa.pt

LOULÉ

August 2

Summer Carnival Parade – 21h30 - The Avenida José da Costa Mealha, will re-live the Carnival in the Summer 'A Night in Wonderland' - www.loule.pt

LAGOS

2nd Sunday of the month

A Charity Shop with a difference set in the beautiful countryside of Monte Ruivo, Odeáxere - Nearly new clothes, many items for sale, cold drinks available - Lovely peaceful country walks - Call Bridget Hicks for directions on 282 687 334 (Lagos Animal Protection Society - LAPS)

Mondays

The New Orleans Jazz Band Live - Free - 20h30 - Tivoli Hotel - R. Vasco da Gama - T. 289 591 804

MONCHIQUE

Until Aug 9

Dance of the Bears - The journey of ten thousand miles begins with the first step - The Dance of the Bears exhibition on a bear statue created by Karl Heinz with outstanding 3D artwork of 26 artists under the theme 'Evolution' - Quinta dos Vales organized the event - In order to interact with the public, a couple of white 'canvasses' (bears) will be on display for further artists, spectators, students to express their own view on the theme 'evolution' - Organized by Quinta dos Vales

PADERNE

Daily

Exhibition at Galeria Corte-Real featuring paintings by John Lamonby and Paula Will - The gallery has also a collection of handmade ceramics - Thu-Sun from 11h-17h - Signposted from Ferreiras, Boliqueime and Paderne - T. 918 980 199 or 912 737 762

PERA

Until Oct 22

FIESA 2009 'Discoveries' the International Sand Sculpture Festival - 10h-13h/16h-20h: Free Sand Sculpture for all ages: 21h-24h: Video projections w/ documentary images of construction of Fiesa2009; Sun-Thu: 19h-23h Street Arts & Circus Animation; Fri: 21h-24h Ambient Chill Out Dj Party festival; Sat: 21h-24h House, PoP & Rock - Construction site on the road to Algoz – Open daily from 10h00 to 24h00 (from 22 Sep to 22 Oct open from 10h00 to 21h00) - 969 459 259 - fwww.fiesa.com

PORTIMÃO

Tuesdays

The New Orleans Jazz Band - Mariner's Bar/Restaurant - R. Santa Isabel - 914 806 310

QUARTEIRA

Until August 2

'Stockout' Stock Clearance Fair - From 8 o'clock till midnight - Seafront Avenue - For four days, circa 50 shops will be exhibiting their wares in the middle of Quarteira's seafront avenue at special prices - 'Stockout' is a stock clearance fair organised by Acral and Centroloulé to give the opportunity to the public to buy good brand products at reduced prices - Clothing, footwear, jewellery, sports items and much more will be on display along the seafront av. - Admittance is free - Don't miss the opportunity!

NORTH

PORTO

Daily

Casa da Música: guided visits from Mon-Sun: 10h30; 11h30; 12h30; 15h00; 16h00; 17h00; 18h00 - Tickets can be bought until 10 minutes before visit - Price: € 2; Free for children under 12 - T. 220 120 214 - Av. da Boavista, 604-610 www.casadamusica.com

Daily

Serralves Foundation: Visits to the exhibitions - Sat: 17h-20h; Sun: 12h-13h - to the architectonic spaces (museum & casa de serralves) Sun: 15h-16h - to the park Sun: 11h-12h - Visits are free on the purchase of an entrance ticket to the museum - Rua D. João de Castro, 210 - T. 226 156 584 - www.serralves.pt

October 22

La Traviata - La Traviata opera from Giuseppe Verdi - 21h30 - Coliseu do Porto on Rua Passos Manuel, 137 - T. 223 394 940 / 707 234 234 - See bottom of the page and www.coliseudoporto.pt

Until September 20

Exhibition Serralves 2009: The Collection 20ANOS10 - Serralves Museum on D. João de Castro, 210 - T. T. 226 156 584 - www.serralves.pt

September 4

Concert by Orquestra Nacional do Porto - 21h00 - Casa da Música - T. 220 120 214

CENTRE

CASCAIS

Daily

Cascais Cultural Centre - Concerts, shows, exhibitions, & other events. - shops, coffee shop & terrace - Open: 10h00-18h00 (Closed Mon) - Av. Rei Humberto II de Itália - 214 848 900

ESTORIL

Daily

Show 'Space Invaders' at the Arena Lounge - Also other shows, games, concerts and art - Casino Estoril - 214 667 700 - 214 825 400 - Info.estoril@estoril-sol.com

LISBON

Daily

***Influxcontemporary* is a new space dedicated to African Contemporary Art** - Open Wed-Sat: 14h-19h - R. Fernando Vaz, 20B - 918 501 234 - iwww.influxcontemporary.com

Until August 30

Exhibition at 'A Arte da Terra' - Modern, stylish and unique linen pieces created by the talented Miguel Gigante, from Covilhã - Rua Augusto Rosa, nº 40, - Rua de Augusto Rosa, nº 40 (next to the Cathedral) - T. 212 745 975 - mail: arte@net.sapo.pt - www.aartedaterra.pt

SINTRA

Daily

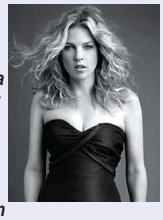
Leal da Câmara Museum • Calçada da Rinchoa, 67, Rinchoa • Also has access through Algueirão Velho, Fitares and Meleças • 219164303 - Fax: 21 923 6150

Daily

Pena Palace - The Palace dates back to 1839 - Visits info: Sintra City Hall on Largo Dr. Vergílio Horta - 219238500 - geral@cm-sintra.pt

www.the-news.net

Lisbon Summer Concerts
(Tickets: See details bottom page)



August 1 - *George Lewis Squel* - *Gulbenkian Foundation open air amphitheatre - 21h30* - **August 9 - *Bill Dixon with Exploding Start Orchestra*** *(USA) - Gulbenkian Foundation open air amphitheatre - 21h30* - **September 28 - *Green Day / 21st Century Breakdown Tour*** *- Pavilhão Atlântico - 20h00* -

October 10 - *Diana Krall in Concert* *- Jazz - Campo Pequeno - 22h00* - **October 30 - *Backstreet Boys*** *- Pavilhão Atlântico - 21h00* - **October 31 & November 1 - *Mariza in Concert in Fado Concert*** *- Coliseu dos Recreios - 22h00* -

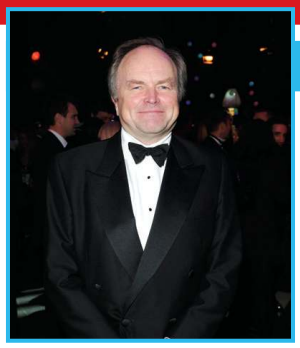
Events may be cancelled, delayed or fail to live up to their billing. Send us your events to copy@the-news.net by Tuesday before publication.

TICKETS: Most tickets are available at FNAC and Worten outlets across the country, ATM machines, Abreu agencies, El Corte Inglès, Casa Viola, Ticketline or at the event itself on the night.
Websites: www.pavilhaoatlantico.pt / www.ticketline.pt / www.blueticket.pt / Phone numbers: Ticketline 707 234 234 / 707 780 000

BBC1

6.00 Breakfast. (T) 10.00 Saturday Kitchen Best Bites. (T) 11.30 Eating in the Sun. (T) 12.00 BBC News; Weather. (T) 12.15 Ready Steady Cook. (R) (T) 1.00 Swimming. (T) 2.00 Live Golf: The Women's British Open. Day three at Royal Lytham & St Annes Golf Club. (T)

5.00 BBC News; Regional News; Weather. (T)
5.15 Weakest Link. Anne Robinson hosts the general knowledge quiz. (R) (T)
6.00 Doctor Who. The Time Lord travels back to Victorian England, where he suffers a strange case of deja vu when he encounters a man who calls himself the Doctor, brandishes a sonic screwdriver and travels with a cockney companion named Rosita. But they are not the only familiar characters, as he discovers when the dreaded Cybermen turn up. Christmas special from 2008, starring David Tennant, with guest appearances by David Morrissey, Dervla Kirwan and Velile Tshabalala. (R) (T)
7.05 Total Wipeout. Richard Hammond and Amanda Byram host as another 20 contestants, including a 34-year-old Elvis impersonator from Bristol, race over the purpose-built obstacle course. This week sees the return of the rolling logs and bubble bath from series one, and the penultimate round culminates in a struggle of epic proportions on the Dreadmill. The Wipeout Zone also witnesses the fastest performance of the show so far. (T)
8.05 The National Lottery: Guesstimation. Fast-paced game show in which families are challenged to outsmart their rivals by making informed guesses at the answers to a series of brain-teasers. Plus, at the end of each of the three rounds, guests take part in a studio challenge. Nick Knowles presents, with Lotto, Dream Number and Thunderball draws. (T)
8.55 Casualty. Conclusion. As her wedding day descends into chaos, Alice grows increasingly certain Curtis is innocent of Tony's murder. Tess's realisation that the Malones were involved with the crime leads to a riot in the department, which after Jordan has made a discreet exit, provides Adam with an opportunity to demonstrate his leadership skills. Last in the series. (T)
9.45 Outnumbered. Sue and Pete ban TV and computers for one whole Sunday, freeing up quality time for family games such as hide-and-seek and card games. Meanwhile, Ben's headmaster seems strangely keen for him to take a few days off school, and Grandad comes to stay. Partly improvised comedy, starring Hugh Dennis and Claire Skinner. (R) (T)
10.20 BBC News; Weather; (T) National Lottery Update. (T)
10.40 FILM: Poseidon (2006). Disaster movie remake, starring Kurt Russell. (T)
12.10 FILM: The Wraith (1986). Horror, starring Charlie Sheen; (T) Weatherview. (T) 1.40 BBC News. (T)



Pick of the Day

BBC Proms 2009 (BBC2, 7.30pm)
The bosses at the Beeb obviously thought Clive Anderson made a good job of hosting last Saturday's Prom, because he's back again, dressed up to the nines, to front another concert. Last time, the former barrister had his serious head on, presenting a celebration of the music of Delius, Elgar and Holst to mark the 75th anniversaries of the trio's deaths. However, he should be able to let his hair down a bit (if he had any anyway) this week. That's because the latest Prom is a tad more light-hearted - it showcases tunes from MGM film musicals, and is broadcast live from the Royal Albert Hall in London. So, expect to be serenaded in style by wonderful music from such unforgettable films as The Wizard of Oz, Gigi and Singin' in the Rain. John Wilson conducts a hand-picked orchestra of top-class performers, while stars from the classical and musical theatre worlds will be performing. By the end of the programme, you'll no doubt be grinning from ear to ear and be rushing out on Sunday to find all the featured films on DVD. Marvellous stuff.

ITV1

Saturday 01/08/09

5.30 ITV Morning News. (T) 6.00 GMTV. 9.25 Countrywise. (R) (T) 9.55 Quincy ME. (R) (T) 10.55 FILM: 633 Squadron (1964). World War Two drama, starring Cliff Robertson. 12.45 ITV News and Weather; Weather. (T) 12.55 Who Wants to Be a Millionaire? Celebrity. (R) (T) 1.55 Beat the Star. (R) (T) 3.10 FILM: Field of Dreams (1989). Baseball fable, starring Kevin Costner. (T)

5.10 Creature Comforts. Animals talk about their homes. A sewer-dwelling crocodile explains the attraction of Stockton Heath and a mole describes how an unexpected leak can dampen the spirits. (R) (T)
5.25 London Tonight; Weather. (T)
5.40 ITV News and Weather. (T)
5.55 You've Been Framed! Harry Hill narrates camcorder calamities. (R) (T)
6.55 That's What I Call Television. Fern Britton and Julian Clary celebrate Seventies and Eighties TV. (R) (T)
7.55 Who Wants to Be a Millionaire? Chris Tarrant invites another line-up of contestants to answer questions that could change their lives - with lifelines Ask the Audience, Phone a Friend and 50-50 available to them if they get stuck. (T)
8.55 A Touch of Frost. Jack investigates the abduction of a bus driver and his conductor and an unrelated murder of a children's entertainer, but is frustrated to find himself working alongside a former colleague who got him suspended by making a complaint about his handling of a case. Long-running crime drama, with David Jason, and co-starring Cherie Lunghi and John Lyons. (R) (T)
10.55 ITV News and Weather; Weather. (T)
11.10 FILM: D-Tox (2002). Thriller, starring Sylvester Stallone. (T)
1.00 Holly & Fearne Go Dating. (R) (T) 1.25 FILM: Path of Destruction (2005). Premiere. Thriller, with Danica McKellar; (T) ITV News Headlines. 3.00 Crossing Jordan. (R) (T) 3.45 ITV Nightscreen.

Eu também leio o
The Portugal News
Tel 707 500 677

BBC2

6.00 CBeebies: Tikkabilla. (R) (T) 6.30 Fimbles; (R) (T) Take a Bow. (R) (T) 7.00 CBBC: Animalia. (R) (T) 7.25 Sportsround. (R) (T) 7.40 Funky Fables. (R) (T) 7.50 Eliot Kid. (R) (T) 8.05 Wolverine and the X-Men. (R) (T) 8.30 Richard Hammond's Blast Lab; (T) Diddy Dick & Dom. (T) 9.00 Skate Nation. (T) 10.00 Transmission Impossible with Ed and Oucho. (T) 11.30 Young Dracula. (R) (T) 12.00 Animal Park. (T) 12.45 FILM: The Red Shoes (1948). Oscar-winning drama, starring Moira Shearer. (T) 2.55 FILM: Krakatoa, East of Java (1968). Disaster movie, starring Maximilian Schell. (T) 5.00 Live Swimming. Day seven of the World Aquatic Championships. (T) 7.00 Dad's Army. Walmington-on-Sea's power and communications services are cut off, but Captain Mainwaring rises to the occasion by declaring martial law. Starring Arthur Lowe and Ian Lavender. (R) (T) **7.30 BBC Proms 2009.** John Wilson and a hand-picked orchestra perform music from The Wizard of Oz, Gigi and Singin' in the Rain, celebrating 75 years of MGM musicals. (T) 9.30 Have I Got a Bit More News for You. Celebrity guests join in the fun on the satirical current affairs quiz, with regular team captains Ian Hislop and Paul Merton. (R) (T) 10.10 Blood and Guts: A History of Surgery. (T) 11.10 The Culture Show. Highlights of the Port Eliot Festival in Cornwall. (R) (T) 12.00 Horne & Corden. Xander interrupts Jibson's work presentation. (T) 12.30 FILM: Pinero (2001). Biopic of the poet, starring Benjamin Bratt. (T) 2.00 FILM: Carandiru (2003). Premiere. Prison drama, starring Luiz Carlos Vasconcelos. 4.15 Close.

C4

6.10 The Hoobs. (R) (T) 6.35 The Hoobs. (R) (T) 7.00 World Sport. 7.30 British GT Championship. 8.00 The Morning Line. (T) 8.55 T4: Yo Gabba Gabba. (T) 9.25 T4: Friends. (R) (T) 9.55 T4: Rockcorps 2009 Live from Manchester. (T) 10.40 T4: Friends. (R) (T) 11.10 T4: Sugababes: Video Exclusive. (T) 11.15 T4: Britney v Christina: Top Ten. (T) 12.15 T4: Big Brother. (R) (T) 1.15 T4: Big Brother. (R) (T) 1.45 Channel 4 Racing from Glorious Goodwood and Newmarket. Including the 3.45 bluesquare.com Stewards' Cup (H'cap) (6f). (T) 4.00 My Place in the Sun. (R) (T) 4.30 Gok's Fashion Fix. (R) (T) 5.35 Come Dine with Me. (R) (T) 6.35 Channel 4 News. (T) 7.05 ER. Morris receives a package from an unlikely source, and Sam worries over the prospect of Alex being removed from the ventilator. Meanwhile, a pregnant woman faces deportation. (T) 8.00 ER. Two brothers are brought into the ward after a drug deal goes wrong, tension continues to build between Gates and Sam, and Neela considers a career in paediatric surgery. (T) 9.00 Big Brother. The past 24 hours in the house. (T) 10.00 Will Ferrell: You're Welcome America. The comedian lampoons former president George W Bush. (T) 11.05 Alan Carr: Chatty Man. (R) (T) 11.55 Big Brother's Big Mouth. 12.55 Big Brother Live. 4.00 Home Road Movies. (R) (T) 4.15 The Big Monster Dig. (R) (T) 5.10 Scrapheap Challenge. (R) (T)

FIVE

6.00 Sunrise. 7.00 Milkshake!: Angels of Jarm. (T) 7.10 Milkshake! Music Box. (R) (T) 7.15 Elmo's World. (R) (T) 7.35 Mio Mao. (R) (T) 7.45 Hana's Helpline. (R) (T) 8.00 Olivia. (R) (T) 8.15 The Adventures of Bottle Top Bill and His Best Friend Corky. (T) 8.30 Harry and His Bucket Full of Dinosaurs. (R) (T) 8.50 The Secret of Eel Island. (R) (T) 9.00 The Mr Men Show. (R) (T) 9.15 Rupert Bear. (R) (T) 9.30 Gerald McBoing Boing. (R) (T) 10.00 The Grid. (T) 10.30 Pimp My Ride UK. (R) (T) 11.00 Fifth Gear. (R) (T) 12.00 The Gadget Show Shorts. (R) (T) 12.15 FILM: Holiday in Your Heart (1997). Biopic of country singer LeAnn Rimes. (T) 2.00 FILM: Seventh Cavalry (1956). Western, with Randolph Scott. (T) 3.30 FILM: The Cockleshell Heroes (1955). Fact-based World War Two drama, with Jose Ferrer. (T) 5.30 Five News. (T) 5.40 FILM: National Lampoon's European Vacation (1985). Comedy, starring Chevy Chase. (T) 7.15 Cricket on Five. England v Australia. Highlights from day three of the Third Test at Edgbaston, a ground that played host to a two-run victory for England in the Second Test of the 2005 Ashes. (T) 8.00 The Guardian. New series. Nick is arrested on drugs charges. (T) 9.00 NCIS. Tony opens a letter containing a mysterious white powder that infects him with a deadly virus, so McGee and Gibbs set out to find the sender and search for a cure. (R) (T) 9.55 CSI: Crime Scene Investigation. A murder is linked to sadomasochism. (R) (T) 10.55 Law & Order: Special Victims Unit. (T) 11.55 Quiz Call. 4.00 The Gadget Show. (R) (T) 4.45 Rough Guide to Eco Escapes. (R) (T) 5.00 Hana's Helpline. (R) (T) 5.10 The Milkshake! Show. (R) (T) 5.35 Thomas & Friends. (R) (T) 5.45 Roary the Racing Car. (R) (T)

LOCAL

RTP1
0630 Children TV 0800 Bom Dia Portugal 1100 Portugal Sem Fronteiras 1300 News 1415 Top+ 1545 Film 1800 Febre da Dança 1900 Pai à Força 2000 News 2100 Lusavox 2009 2315 Carga Pesada 0000 The Tudors, series 0200 Gloria, film 0400 Top + 0500 Telesales

RTP2
0700 Euronews 0800 África 7 Dias 0830 Notícias de Portugal 0900 Zig Zag 1330 National Geographic 1500 Sports 1900 Entre Pratos 1930 Earth: The Power of the Planet 2030 Planet Wild 2100 In the Mind of Plants, documentary 2155 A Hora da Sorte 2200 News 2240 Cleopatra, film 0230 Cat on a Hot Tin Roof, film 0415 Euronews

SIC
0600 Etnias 0645 Sic Kids 0845 Disney Kids 1015 Tween Box 1130 TGV: Todos Gostam do Verão 1300 News 1400 Episódio Especial 1445 Film 1630 Film 1815 Film 2000 News 2130 Salve-se Quem Puder Famosos 2315 Não Há Crise 0015 Film 0230 Quando o Telefone Toca

TVI
0700 Children TV 0930 Smackdown, wrestling 1030 O Bando dos Quatro 1115 Campeões e Detectives 1215 Deluxe 1300 News 1400 Film 1600 Knight Rider 2008, series 1800 Morangos com Açúcar 2000 News 2115 Deixa Que Te Leve 2215 Sentimentos 2315 Flor do Mar 0015 Film 0230 Sempre a Somar 0400 The Office, series 0430 Law & Order: Special Victims Unit, series 0530 Telesales

Best of the Rest

BBC3
7.00 Underage and Pregnant 7.30 Underage and Pregnant 8.00 Top Gear 9.00 Film: V for Vendetta 15 (2005) 11.05 Michael McIntyre's Comedy Roadshow 11.50 Family Guy 12.10 American Dad! 12.35 How Not to Live Your Life 1.05 Young, Dumb and Living Off Mum 2.00 Underage and Pregnant 2.30 Underage and Pregnant 3.00 How Not to Live Your Life 3.30 We Are Klang 4.00 Young, Dumb and Living Off Mum 5.00 The Real Hustle on Holiday 5.30 Close

BBC4
7.00 Only Connect 7.30 The Story of Maths 8.30 Indian School 9.00 Happy Birthday OU: 40 Years of the Open University 10.00 Film: Educating Rita 15 (1983) 11.45 More Dawn French's Girls Who Do: Comedy 12.15 Prog Rock at the BBC 1.15 Prog Rock Britannia: An Observation in Three Movements 2.45 Only Connect 3.15 Happy Birthday OU: 40 Years of the Open University 4.15 Close

ITV2
1.30 The Planet's Funniest Animals 1.45 Film: Small Soldiers PG (1998) 3.50 Holiday Showdown 4.55 Identical Triplets: Their Secret World 5.55 America's Got Talent 6.55 America's Got Talent 7.55 Film: The Flintstones U (1994) 9.40 Film: Cliffhanger 15 (1993) 11.45 Film: The Chronicles of Riddick 15 (2004) 2.00 America's Got Talent 2.50 America's Got Talent 3.40 FM 4.05 Ricki Lake 4.45 Teleshopping 5.45 ITV2 Nightscreen

Sky1
3.00 Guinness World Records Smashed! 4.00 Malcolm in the Middle 4.30 Malcolm in the Middle 5.00 The Simpsons 5.30 The Simpsons 6.00 Futurama 6.30 Futurama 7.00 The Simpsons 7.30 The Simpsons 8.00 Noel's Are You Smarter Than a 10 Year Old? 9.00 Road Wars 10.00 Road Wars 11.00 Night Cops 12.00 Guinness World Records Top 100 1.30 Football Icon 2.25 Wayne Rooney's Street Striker 3.20 Wayne Rooney's Street Striker 4.15 Wayne Rooney's Street Striker 5.10 Gladiators

GOLD
1.00 Open All Hours 1.40 Open All Hours 2.20 Open All Hours 3.00 Film: Spider-Man 12 (2002) 5.20 Seven of One 6.05 Porridge 6.50 Open All Hours 7.35 Porridge 8.20 Open All Hours 9.00 Jonathan Creek 10.10 Morecambe and Wise - The Greatest Moment 11.40 Harry Enfield and Chums 12.20 Film: Roxanne PG (1987) 2.30 The New Statesman 3.00 Close

TCM
1.00 Cash McCall U (1960) 3.00 Anchors Aweigh U (1945) 5.45 Murder Most Foul U (1964) 7.30 The Naked Hills U (1956) 9.00 Cool Hand Luke 15 (1967) 11.25 The Big Red One 15 (1980) 1.35 Cool Hand Luke 15 (1967) 3.45 The Golden Arrow PG (1936) 5.00 Cash McCall U (1960)

The Disney Channel
Kids' programmes from 7am, except: 4.00 Film: The Lizzie McGuire Movie U (2003) Children's adventure, starring Hilary Duff.

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MOVIES

Sky Movies Drama
6.00 The Legend of 1900 15 (1998) 8.10 Cleaverville 12 (2007) 9.40 Gloria 15 (1980) 11.45 Innocent Moves PG (1993) With Joe Mantegna. 1.45 Beaches 15 (1988) With Bette Midler. 3.50 Jindabyne 15 (2006) With Gabriel Byrne. 6.00 The Siege 15 (1998) With Denzel Washington. 8.00 The Bucket List 12 (2008) With Jack Nicholson. 9.40 Things We Lost in the Fire 15 (2007) With Halle Berry. 11.40 The Good German 15 (2006) With George Clooney. 1.40 Body Shots 18 (1999) With Sean Patrick Flanery. 3.40 The Trench 15 (1999) 5.30 35MM

Sky Movies Comedy
6.05 More of Me PG (2007) 7.35 Boomerang 15 (1992) 9.35 The Heartbreak Kid 15 (2007) 11.35 Police Academy II: Their First Assignment 15 (1985) With Steve Guttenberg. 1.05 Superbad 15 (2007) With Jonah Hill. 3.05 South Park: Bigger, Longer & Uncut 15 (1999) With Trey Parker. 4.30 The Heartbreak Kid 15 (2007) With Ben Stiller. 6.30 Police Academy II: Their First Assignment 15 (1985) With Steve Guttenberg. 8.00 Superbad 15 (2007) With Jonah Hill. 10.00 South Park: Bigger, Longer & Uncut 15 (1999) With Trey Parker. 11.25 Mr Woodcock 12 (2007) With Billy Bob Thornton. 1.00 Boomerang 15 (1992) With Eddie Murphy. 3.00 Mr Woodcock 12 (2007) With Billy Bob Thornton. 4.35 The Sugarland Express PG (1974)

Sky Movies Action/Thriller
7.30 Conan the Destroyer 15 (1984) 9.25 The Return of the Musketeers PG (1989) 11.20 The Hand That Rocks the Cradle 15 (1992) With Rebecca De Mornay. 1.20 Street Kings 15 (2008) With Keanu Reeves. 3.20 Pathfinder 15 (2007) With Karl Urban. 5.10 Conan the Destroyer 15 (1984) With Arnold Schwarzenegger. 7.00 The Hand That Rocks the Cradle 15 (1992) With Rebecca De Mornay. 9.00 Street Kings 15 (2008) With Keanu Reeves. 10.55 Predator 18 (1987) With Arnold Schwarzenegger. 12.45 Delta Force II: The Colombian Connection 18 (1990) With Chuck Norris. 2.45 Pathfinder 15 (2007) With Karl Urban. 4.40 The Return of the Musketeers PG (1989)

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SPORT

Sky Sports 1
6.00 Aerobics Oz Style 6.30 FIFA Futbol Mundial 7.00 Cricket: The Ashes 9.00 Cricket AM 10.00 Cricket: The Ashes Live. England v Australia. 7.00 Emirates Cup Football 9.00 Cricket: The Ashes 11.00 Emirates Cup Football 1.00 Where Are They Now? 1.30 Live Indy Car Series. The Meijer Indy 300. 4.00 Ocean Adventures 4.30 Where Are They Now? 5.00 World Sport 5.30 Ocean Adventures

Sky Sports 2
6.00 IAAF Athletix Weekly 6.30 Live Rugby Union. North Harbour v Canterbury (Kick-off 6.30am). 8.30 Live Rugby Union. Southland v Waikato (Kick-off 8.35am). 10.30 Where Are They Now? 11.00 Super League 1.00 Where Are They Now? 1.30 Live Emirates Cup Football. Rangers v Paris Saint-Germain (Kick-off 2.00pm). 4.00 Live Emirates Cup Football. Arsenal v Atletico Madrid (Kick-off 4.15pm). 6.25 Live Super League. Leeds Rhinos v Warrington Wolves (Kick-off 6.30pm). 8.30 Tri-Nations International Rugby Union 10.00 Speedway 1.00 Cricket: The Ashes 3.00 Emirates Cup Football 5.00 NFL: Total Access

Sky Sports 3
6.00 Sports Unlimited 7.00 Super League 9.00 WWE: Smackdown 11.00 WWE: Bottom Line 12.00 World Sport 12.30 Live European Tour Golf. The Moravia Silesia Open. 4.30 Where Are They Now? 5.00 Live Speedway. The Latvian Grand Prix. 8.00 Live US Seniors Tour Golf. The US Senior Open. 11.00 Golf Night 12.00 Extreme Championship Wrestling 1.00 WWE: Late Night - Smackdown 3.00 WWE: Late Night - Bottom Line 4.00 Max Power 5.00 Race World

British Eurosport
7.30 Swimming 8.00 Live Swimming. The World Aquatic Championships. 11.30 Swimming 12.00 Live World Series by Renault. The opening race from Portimao, Portugal. 1.00 WTA Tennis 2.00 Live Polo. La Dolfina v Ellerstina. 4.00 Swimming 4.45 Live Swimming. The World Aquatic Championships. 7.00 Live Le Mans Series. Coverage of the 1,000km of Algarve. 8.30 Live Show Jumping. Coverage of the Global Champions Tour event from Rio de Janeiro. 10.00 Live Rallying. The Intercontinental Rally Challenge from Madeira, Portugal. 10.30 World Rally Championship 11.00 World Series by Renault 11.45 Live Le Mans Series. Further coverage of the 1,000km of Algarve. 1.15 Close

Sky Sports Xtra
6.00 Max Power 7.00 Ocean Adventures 7.30 Tight Lines 8.30 Where Are They Now? 9.00 Premier League Years 11.00 Max Power 12.00 Ocean Adventures 12.30 Premier League Years 2.30 NFL: Total Access 3.30 Live Tri-Nations International Rugby Union. South Africa v New Zealand (Kick-off 4.00pm). 6.00 WWE: Smackdown 8.00 WWE: Bottom Line 9.00 Where Are They Now? 9.30 World Sport 10.00 Max Power 11.00 NFL: Total Access 12.00 Premier League Years 2.00 Super League 4.00 Tri-Nations International Rugby Union 5.30 IAAF Athletix Weekly

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BBC1

6.00 Breakfast. (T) 9.00 The Andrew Marr Show. (T) 10.00 The Big Questions. (T) 11.00 Country Tracks. (T) 12.00 BBC News; Weather. (T) 12.05 Cash in the Attic. (R) (T) 1.05 EastEnders. (T) 3.00 Murder, She Wrote. (R) (T) 3.50 'Allo 'Allo! (R) (T) 4.20 Keeping Up Appearances. (R) (T) 4.50 The Green Green Grass. (R) (T)

5.20 Lifeline. Earl Spencer appeals on behalf of the Samantha Dickson Brain Tumour Trust. (T)

5.30 Songs of Praise. Aled Jones discovers how churches are adapting to life in the 21st century, visiting one that is home to several businesses. With hymns from Hexham Abbey. (T)

6.05 Seaside Rescue. The Brixham lifeboat is scrambled in Torbay when three people are spotted in the sea, and Navy Rescue Helicopter 193 is deployed to help an injured walker who has broken her ankle. (R) (T)

6.35 BBC News; Regional News; Weather. (T)

7.00 Antiques Roadshow. Fiona Bruce and the team set up their stalls at Dulwich Art Gallery for the first of two programmes from south London. Items brought in for valuation include one of the most valuable paintings seen on the programme in recent years, a little-known photograph of Winston Churchill and a costume dating from the earliest days of pantomime. (R) (T)

8.00 Countryfile. Matt Baker and Julia Bradbury discover the challenges of managing a historic property in the 21st century when they visit Belvoir Castle in Leicestershire, which is hosting the CLA Game Fair - an event that celebrates traditional country sports. They find out why angling is the UK's most popular participation sport and meet conservationists who have reintroduced ospreys to Rutland Water. Includes Weather for the Week Ahead. (T)

9.00 Rivers with Griff Rhys Jones. The actor and comedian explores waterways in the north of England, beginning in Liverpool where he tries to swim across a mile-wide stretch of the River Mersey, before going underground to help clean up the UK's network of hidden rivers. He then heads to Manchester, following the Derwent across the Pennines, and makes his way to the port of Hull using what was once one of Britain's most important shortcuts. (T)

10.00 BBC News; Weather. (T)

10.20 FILM: Die Hard with a Vengeance (1995). Maverick cop John McClane pursues a mysterious terrorist holding New York City to ransom. Action thriller, starring Bruce Willis and Samuel L Jackson. (T)

12.20 The Sky at Night; (T) Weatherview. (T) 12.45 Sign Zone: My Brother Ben: Brooke Kinsella's Story. (R) (T) 1.35 Sign Zone: Seaside Rescue. (R) (T) 2.05 Sign Zone: Holby City. (R) (T) 3.05 BBC News. (T)

Pick of the Day

Top Gear (BBC2, 8pm)

Repeats of this daddy of all motor shows are all over the cable stations, so it's always possible to get your Top Gear fix. But it's still with some degree of surprise and sadness that fans will note this is the last episode in the current series. But given the amount of money it takes to allow Messrs Clarkson, Hammond and May to smash up endless cars on their trips around the world, perhaps there are budgetary reasons for giving us such a short run. Then there's also the fact that the trio of presenters seem to be constantly busy with their own projects. Let's just hope the end is not in sight for the one show on the box that the whole family looks forward to. This series has certainly served up plenty of ambitious challenges for the team and showcased some magnificent vehicles, but there will probably never be a finer moment than watching James May drive a broken down old banger through his own prized piano. Michael McIntyre also proved his critics wrong with a blisteringly funny appearance as the Star in a Reasonably Priced Car. Let's see what the boys have in store to ensure they go out with a bang.

ITV1

5.30 ITV Morning News. (T) 6.00 GMTV. 9.25 Britain's Favourite View. (T) 9.40 Coronation Street. (T) 11.55 ITV News and Weather; Weather. (T) 12.00 Wish You Were Here: Now & Then. (R) (T) 12.30 Dream Homes. (T) 1.30 Dickinson's Real Deal. (R) (T) 2.30 FILM: Columbo: Forgotten Lady (1975). Crime drama, starring Peter Falk and Janet Leigh. (T) 4.30 Lewis. (R) (T)

6.30 London Tonight; Weather. (T)

6.45 ITV News and Weather. (T)

7.00 Agatha Christie's Poirot. The patriarch of an artistic North Country family disinherits his son just before dying. Foul play is confirmed when the victim's youngest sister - the black sheep of the family - is killed with a hatchet after suggesting her brother's death may not have been a coincidence. Whodunit, starring David Suchet, with Robert Bathurst, Anna Calder-Marshall and Geraldine James. (R) (T)

9.00 Single-Handed. New series. A policeman returns to his home town on the west coast of Ireland, where an immigrant has been found dead in a caravan. The investigation leads Garda Sergeant Jack Driscoll into the heart of the community as he uncovers a web of blackmail and sexual abuse involving a farmer, a hotelier, a builder with a violent reputation, and a property developer. But it is Jack's father, retired Garda Gerry Driscoll, who holds the key to the mystery. Rural drama, starring Owen McDonnell, Ian McElhinney, Stuart Graham and Ruth McCabe, with a guest appearance by Martina Navratilova. (T)

11.00 ITV News and Weather; Weather. (T)

11.15 Comedy Classics: The New Statesman. A celebration of the comedy first broadcast in 1987, which parodied the world of politics as it followed the exploits of right-wing MP Alan B'Stard, played by Rik Mayall. Featuring contributions by the show's writers Laurence Marks and Maurice Gran, as well as Marsha Fitzalan, who starred as B'Stard's wife Sarah. Concluding with the episode Piers of the Realm. Last in the series. (R) (T)

12.15 Crossing Jordan. (T) 1.10 A Match Made in Heaven. (R) (T) 1.35 The Cosby Mysteries; (R) (T) ITV News Headlines. 2.25 Quincy ME. (R) (T) 3.20 Countrywise. (R) (T) 3.45 Dog Rescue. (R) (T) 4.10 ITV Nightscreen.

BBC2

6.00 CBeebies: Tikkabilla. (R) (T) 6.30 Fimbles; (R) (T) Take a Bow. (R) (T) 7.00 CBBC: 7.00 Uncle Max; (R) (T) Thumb Wrestling Federation: TWF. (R) (T) 7.15 ChuckleVision. (R) (T) 7.30 Gimme a Break; (R) (T) Diddy Dick & Dom. (T) 8.00 Da Dick and Dom Dairies. (R) (T) 8.30 MI High. (R) (T) 9.00 Undercover Dads. (T) 10.00 Something for the Weekend. (T) 11.30 Step Up to the Plate. (T) 12.15 FILM: The War Lover (1962). World War Two drama, starring Steve McQueen. (T) (bw) 2.00 Live Golf: The Women's British Open. The final day at Royal Lytham & St Annes Golf Club. (T) 5.00 Live Swimming. Day eight of the World Aquatic Championships. (T) 7.00 Dragons' Den. Business ideas include launching a new musical, a car servicing company, an invention that requires a #75,000 investment and a wheelie bin accessory. Evan Davis presents. (R) (T) **8.00 Top Gear.** Jeremy Clarkson and James May are challenged to create an advert for Volkswagen, while Richard Hammond tests the new Vauxhall VXR8 Bathurst. With guest Jay Leno. Last in the series. (T) 9.00 FILM: Man On Wire (2008). Premiere. Documentary about a French street performer who undertook a tightrope walk between the two towers of the World Trade Centre in 1974. (T) 10.30 Mock the Week. (R) (T) 11.00 FILM: Miss Firecracker (1989). Comedy drama, starring Holly Hunter. (T) 12.40 FILM: Mr Jealousy (1997). Comedy, starring Eric Stoltz. (T) 2.20 BBC News. (T) 3.05 The Super League Show. (R) (T) 4.05 Close.

C4

6.05 Sali Mali. (T) 6.10 The Hoobs. (R) (T) 6.35 The Hoobs. (R) (T) 7.00 FIA GT Championship. (T) 7.30 Freesports on 4. (R) (T) 7.55 Freesports on 4. (T) 8.25 The Track and Field Show. (T) 8.55 T4: Big Brother. (R) (T) 9.55 T4: Shakira: Video Exclusive. (T) 10.05 T4: Hollyoaks. (T) 12.40 T4: Big Brother's Little Brother. (T) 1.45 T4: Friends. (R) (T) 2.10 T4: Friends. (R) (T) 2.40 T4: Ugly Betty. Marc and Amanda team up with Betty to plot Kimmie's demise. (R) (T) 3.35 T4: The Simpsons. (R) (T) 4.05 T4: The Simpsons. (R) (T) 4.40 FILM: Picture Perfect (1997). Romantic comedy, with Jennifer Aniston. (T) 6.30 Channel 4 News. (T) 7.00 Revelations: Divorce - Jewish Style. Exploring Judaism's controversial marriage laws. (T) 8.00 Wife Swap. Born-again Christian Agnes Sheriff, who believes in strict parenting, trades lives with mother Lisa Ward, who takes a relaxed approach toward her children's behaviour. (T) 9.00 Big Brother. The past 24 hours in the house. (T) 10.00 Alan Carr: Chatty Man. The comedian is joined by former cricketer Shane Warne, actor Patsy Kensit-Healy and style guru Gok Wan. Plus, Calvin Harris performs his latest single Ready for the Weekend. (T) 10.50 FILM: The Cell (2000). Sci-fi thriller, starring Jennifer Lopez. (T) 12.55 Big Brother Live. 4.00 Late One Night. (R) (T) 4.15 The Big Monster Dig. Pterosaur remains on the Isle of Wight. (R) (T) 5.10 Scrapheap Challenge. (R) (T)

FIVE

6.00 Sunrise. (T) 7.00 Milkshake!: Angels of Jarm. (R) (T) 7.05 Milkshake! Music Box. (R) (T) 7.15 Elmo's World. (R) (T) 7.30 Mio Mao. (R) (T) 7.40 The Beeps. (R) (T) 7.50 Hana's Helpline. (R) (T) 8.00 Olivia. (R) (T) 8.15 The Adventures of Bottle Top Bill and His Best Friend Corky. (T) 8.30 Harry and His Bucket Full of Dinosaurs. (R) (T) 8.45 The Secret of Eel Island. (R) (T) 9.00 The Mr Men Show. (R) (T) 9.15 Rupert Bear. (R) (T) 9.30 Gerald McBoing Boing. (R) (T) 10.00 Michaela's Wild Challenge. (R) (T) 10.30 Everybody Hates Chris. (R) (T) 11.00 Build a New Life in the Country. (R) (T) 12.00 The Hotel Inspector. (R) (T) 1.00 Big, Bigger, Biggest. (R) (T) 2.00 Fifth Gear Shortcuts. (R) (T) 2.05 FILM: Ambush at Tomahawk Gap (1953). Western, starring John Hodiak. (T) 3.35 FILM: All the Young Men (1960). Korean War drama, starring Sidney Poitier. (T) (bw) 5.15 Five News. (T) 5.20 FILM: Daddy Day Care (2003). Comedy, starring Eddie Murphy. (T) 7.15 Cricket on Five. England v Australia. Mark Nicholas introduces highlights from day four of the Third Test at Edgbaston, where the hosts recorded a two-run victory in the 2005 series. (T) 8.00 Britain's Nazi King - Revealed. Edward VIII's perceived pro-German views during World War Two. (R) (T) 9.00 FILM: Mercenary for Justice (2006). Premiere. A soldier for hire is forced to break into a prison and free an arms dealer's son. Action thriller, with Steven Seagal and Jacqueline Lord. Includes Five News Update. (T) 10.55 FILM: National Lampoon's Barely Legal (2003). Premiere. Comedy, starring Tony Denman. (T) 12.35 Urban Legends. (R) (T) 1.05 SuperCasino. 3.00 Boxing Classic. (R) 3.45 Boxing USA. 5.00 Hana's Helpline. (R) (T) 5.10 The Milkshake! Show. (R) (T) 5.35 Thomas & Friends. (R) (T) 5.45 Roary the Racing Car. (R) (T)

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RTP1
0630 Children TV 0800 Bom Dia Portugal 1000 Mass 1100 Mudar de Vida 1130 T2 Para 3 "Remodelado" 1230 Desafio Verde 1300 News 1400 Só Visto! 1500 Terminator: The Sarah Connor Chronicles, series 1515 Dennis the Menace, film 1900 Pai à Força 2000 News 2100 Há Festa Em… 2310 Hora da Sorte: Sorteio do Joker 2315 Os Contemporâneos 0000 Firewall, film 0145 Finland Rally 0230 Só Visto 0330 Telesales 0605 Nós

RTP2
0700 Euronews 0730 África@Global 0800 Músicas de África 0900 Caminhos 0930 70x7 1000 Nós 1100 Da Terra Ao Mar 1130 Consigo 1200 Vida Por Vida 1230 Tornar-se Homem 1330 Biosfera 1415 Iniciativa 1500 Sports 1900 Arte e Emoção 1930 Alma e a Gente 2000 The Simpsons 2100 P.S. Kroyer - What A Life, documentary 2200 News 2230 Law And Order - Frederick Wiseman, documentary 2345 Palcos 0115 Onda Curta 0200 Sports 0545 Euronews

SIC
0630 Sic Kids 0900 Disney Kids 1045 Tween Box 1200 BBC Wild Life 1300 News 1400 Fama Show 1445 Film 1630 Film 1815 Film 2000 News 2100 Grande Reportagem SIC 2145 TGV: Todos Gostam do Verão 2315 Não Há Crise 0015 Film 0230 Quando o Telefone Toca

TVI
0700 Children's TV 0930 O Bando dos Quatro 1030 Hannah Montana 1115 Mass 1300 News 1400 Film 1600 Film 1800 Film 2000 News 2115 Deixa Que Te Leve 2215 Nasci P'ra Cantar 0000 House MD, series 0100 Sempre A Somar 0230 Film 0400 Law & Order: Special Victims Unit, series 0500 Telesales 0630 Todos Iguais

Best of the Rest

BBC3
7.00 Doctor Who 8.00 Britain's Most Embarrassing Parents 9.00 Young, Dumb and Living Off Mum 10.00 Family Guy 10.40 American Dad! 11.05 Pregnancy - My Big Decision 12.05 Young, Dumb and Living Off Mum 1.05 Britain's Most Embarrassing Parents 2.00 Snog, Marry, Avoid? 2.30 Snog, Marry, Avoid? 3.00 Pregnancy - My Big Decision 3.55 Otto: Love, Lust & Las Vegas 4.55 Snog, Marry, Avoid? 5.25 Close

BBC4
7.00 The No.1 Ladies' Detective Agency 8.00 Breaking the Mould: The Story of Penicillin 9.20 People's Century 10.15 Mutant Mouse 11.15 Frontline Afghanistan 12.15 Breaking the Mould: The Story of Penicillin 1.35 The Guinea Pig Club 2.35 Breaking the Mould: The Story of Penicillin 4.00 Close

ITV2
1.30 All Star Mr & Mrs 2.30 Animals Do the Funniest Things 3.30 Vernon Kay: The Hot Desk 3.40 The Planet's Funniest Animals 4.10 Film: The Flintstones U (1994) 5.55 Film: Junior PG (1994) 8.00 The Xtra Factor: Best and Worst 2008 9.00 Film: Van Helsing 12 (2004) 11.35 Entourage 12.10 The Xtra Factor: Best and Worst 2008 1.10 iTunes Festival 2009 2.10 iTunes 2009 Live: Mika 3.00 Teleshopping

Sky1
1.00 It's Me or the Dog USA 2.00 The Real A&E 3.00 Bite Size Brainiac 3.15 Film: Journey to the Center of the Earth PG (2008) 5.00 Futurama 5.30 Futurama 6.00 The Simpsons 6.30 The Simpsons 7.00 The Simpsons 7.30 The Simpsons 8.00 Don't Forget the Lyrics 9.00 House 10.00 House 11.00 Lie to Me 12.00 Road Wars 1.00 Road Wars 1.55 Football Icon 2.50 Street Wars 3.45 Drugs Wars: DEA 4.40 Road Wars 5.05 Gladiators

GOLD
1.00 Film: Roxanne PG (1987) 3.15 Open All Hours 4.00 Porridge 4.45 Open All Hours 5.30 Porridge 6.15 Open All Hours 6.55 Porridge 7.40 Open All Hours 8.20 Porridge 9.00 Morecambe and Wise - The Greatest Moment 10.35 Harry Enfield and Chums 11.15 Only Fools and Horses 1.15 Hippies 1.55 The New Statesman 2.25 Hippies 3.00 Close

TCM
1.00 Assignment to Kill 15 (1969) 3.00 The Women PG (1939) 5.35 Ride the High Country PG (1962) 7.25 Cavalry Scout U (1951) 9.00 Mad City 15 (1997) 11.20 Alice Doesn't Live Here Anymore PG (1974) 1.30 Mad City 15 (1997) 3.35 The Girl from Missouri PG (1934) 5.00 Assignment to Kill 15 (1969)

The Disney Channel
Kids' programmes from 7am, except:

(R) - repeat programme;
(T) - programme with teletext subtitles;
(S) - programme broadcast in stereo;
(bw) - black and white.

MOVIES

Sky Movies Drama

6.00 Breaking the Surface: The Greg Louganis Story 12 (1997) 7.45 The Illusionist PG (2006) 9.45 Phoebe in Wonderland PG (2008) 11.30 And Justice for All 18 (1979) With Al Pacino. 1.30 Amazing Grace PG (2006) With Ioan Gruffudd. 3.30 Jack PG (1996) With Robin Williams. 5.30 Into the Wild 15 (2007) With Emile Hirsch. 8.00 3:10 to Yuma 15 (2007) With Russell Crowe. 10.05 Sleuth 15 (2007) With Michael Caine. 11.45 Gridlock'd 18 (1997) With Tupac Shakur. 1.30 Mulholland Drive 15 (2001) With Naomi Watts. 4.00 Redemption of the Ghost PG (2001)

Sky Movies Comedy

6.30 The Bachelor 12 (1999) 8.15 Police Academy 4: Citizens on Patrol PG (1987) 9.45 Surf's Up PG (2007) 11.15 Fool's Gold 12 (2008) With Matthew McConaughey. 1.15 Made of Honor 12 (2008) With Patrick Dempsey. 3.00 Blades of Glory 12 (2007) With Will Ferrell. 4.45 Surf's Up PG (2007) With Jeff Bridges. 6.20 Police Academy 4: Citizens on Patrol PG (1987) With Steve Guttenberg. 8.00 Fool's Gold 12 (2008) With Matthew McConaughey. 10.00 Made of Honor 12 (2008) With Patrick Dempsey. 11.45 Blades of Glory 12 (2007) With Will Ferrell. 1.25 The Bachelor 12 (1999) With Chris O'Donnell. 3.10 Manhattan Murder Mystery PG (1993) 5.05 Will You Merry Me? PG (2008)

Sky Movies Action/Thriller

6.35 Black Sunday 15 (1977) 9.10 Cleaner 15 (2007) 10.55 Chaos 15 (2005) 12.55 Knight Rider 2000 12 (1991) With David Hasselhoff. 2.45 Black Sunday 15 (1977) With Robert Shaw. 5.10 Die Hard 2 18 (1990) With Bruce Willis. 7.20 Cleaner 15 (2007) With Samuel L Jackson. 9.00 Chaos 15 (2005) With Jason Statham. 11.00 Die Hard 2 18 (1990) With Bruce Willis. 1.10 The Krays 18 (1990) With Gary Kemp. 3.15 Two Days in the Valley 18 (1996) 5.05 Knight Rider 2000 12 (1991)

SPORT

Sky Sports 1

6.00 Aerobics Oz Style 6.30 Wild Spirits 7.00 Cricket: The Ashes 9.00 Cricket Writers on TV 10.00 Cricket: The Ashes Live. England v Australia. 7.00 Emirates Cup Football 9.00 Cricket: The Ashes 11.00 Emirates Cup Football 1.00 Cricket: The Ashes 3.00 Emirates Cup Football 5.00 Wild Spirits 5.30 World Sport

Sky Sports 2

6.00 FIFA Futbol Mundial 6.30 Emirates Cup Football 8.30 Speedway 11.30 Super League 1.30 Live Emirates Cup Football. Atletico Madrid v Paris Saint-Germain (Kick-off 2.00pm). 4.00 Live Emirates Cup Football. Arsenal v Rangers (Kick-off 4.15pm). 6.30 Where Are They Now? 7.00 Live Golf Night. The announcement of the teams for the Solheim Cup. 7.30 Golf Night 8.00 Live US Seniors Tour Golf. The US Senior Open. 11.00 Watersports World 12.00 Golf Night 12.30 Golf Night 1.00 US Seniors Tour Golf 4.00 Where Are They Now? 4.30 Watersports World 5.30 Close

Sky Sports 3

6.00 Watersports World 7.00 Super League 9.00 WWE: Afterburn 10.00 WWE Vintage Collection 11.00 Tri-Nations International Rugby Union 12.30 Live European Tour Golf. The Moravia Silesia Open. 4.30 Wild Spirits 5.00 WWE: Experience 6.00 World Sport 6.30 Wild Spirits 7.00 Live NASCAR. The Pennsylvania 500. 11.00 WWE: Late Night - Afterburn 12.00 WWE Vintage Collection 1.00 WWE: Experience 2.00 World Sport 2.30 Wild Spirits 3.00 Close

British Eurosport

7.30 Swimming 8.00 Live Swimming. The World Aquatic Championships. 10.30 WTA Tennis 12.00 Live Athletics. The DLV Leichtathletik Gala. 2.00 Under-19s European Championship Football 2.30 Live Under-19s European Championship Football. Coverage of the final (Kick-off 2.30pm). 4.30 Live Swimming. The World Aquatic Championships. 6.45 Swimming 7.45 Motorsports Weekend 8.00 Live WTA Tennis. The Bank of the West Classic final. 10.00 Live ATP Tennis. The LA Tennis Open final. 12.00 World Rally Championship 12.30 Close

Sky Sports Xtra

6.00 Mountain Bike World 6.30 Indy Car Series 9.00 Premier League Years 11.00 Indy Car Series 1.30 Speedway 4.30 Indy Car Series 7.00 Watersports World 8.00 World Sport 8.30 Wild Spirits 9.00 Premier League Years 11.00 Max Power 12.00 Premier League Years 2.00 Close

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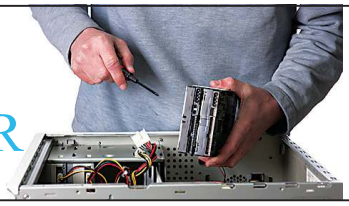

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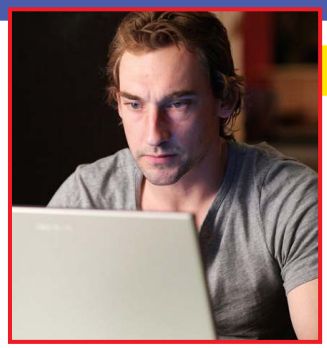
BBC1

6.00 Breakfast. (T) 9.15 Heir Hunters. (R) (T) 10.00 Escape to the Country; (R) (T) BBC News; Weather. (T) 11.00 Homes Under the Hammer. (R) (T) 11.30 Trash to Cash; (T) BBC News; Weather. (T) 12.15 Cash in the Attic. (R) (T) 1.00 BBC News; Weather. (T) 1.30 Regional News; Weather. (T) 1.45 Doctors. (T) 2.15 Murder, She Wrote. (R) (T) 3.00 BBC News; Weather; Regional News. (T) 3.05 CBeebies: Mister Maker. (R) (T) 3.25 CBBC: Bear Behaving Badly. (R) (T) 3.50 League of Super Evil. (R) (T) 4.00 Thumb Wrestling Federation: TWF. (R) (T) 4.05 Best of Friends. (R) (T) 4.35 Animals at Work. (R) (T) 5.00 Newsround. (T)

5.15 Weakest Link. General knowledge quiz, with Anne Robinson, as members of the public try to outdo each other to win a cash prize. (R) (T)
6.00 BBC News; Weather. (T)
6.30 Regional News Programmes; Weather. (T)
7.00 The One Show. Adrian Chiles and Christine Bleakley present reports on issues affecting people around the UK. (T)
7.30 Bang Goes the Theory. Engineer Jem Stansfield ties himself to a water-powered jet-pack, which he has designed and built, and zoologist Liz Bonnin finds out if insects are the future of food. Science enthusiast Dallas Campbell investigates Nasa's latest attempts to prove there is life beyond Earth, while roving reporter Dr Yan Wong challenges people in Cambridge to blow up a bin liner; (T) BBC News; Regional News. (T)
8.00 EastEnders. Denise makes her decision about whether to visit the prison as her friends and family try to convince her to give Owen a chance. Minty pushes Dawn to choose between Phil and Garry. (T)
8.30 Panorama. Raphael Rowe investigates drug dealing inside British prisons, visiting a category-A jail where he hears the stories of inmates involved and officers trying to stop it. (T)
9.00 The Street. Joseph Mawle plays a racist chef forced to confront his hatred of ethnic minorities when a friend asks him to take the credit for saving a Polish girl from a fire. Despite a lifetime of casually blaming immigrants for all life's ills, he finds himself getting close to the child's destitute mother - and even invites her into his home. Also starring Steve Marsh, Julia Krynke and Tanya Moodie. (T)
10.00 BBC News. (T)
10.25 Regional News; Weather. (T)
10.35 Blood, Sweat and Takeaways. The six volunteers head for Indonesia, where they join workers on a prawn farm who are regularly forced to endure 12-hour shifts to satisfy the growing British demand for shellfish. (T)
11.35 FILM: Red Dust (2004). Drama, starring Chiwetel Ejiofor; (T) Weatherview. (T)
1.30 Sign Zone: The Supersizers Eat. (R) (T) 2.30 Sign Zone: Desperate Romantics. (R) (T) 3.30 Sign Zone: Taking the Flak. (R) (T) 4.00 Sign Zone: Heir Hunters. (R) (T) 4.45 BBC News. (T)



Pick of the Day

The Street (BBC1, 9pm)
Behind every closed door is a story waiting to be told. That is certainly Jimmy McGovern's belief, anyway. In The Street, he has taken the everyday happenings of a set locale in the North-West of England, and used the characters as starting points to spin out stories of moral dilemmas and essentially, love. This instalment is no different, with an achingly topical subject at its centre - foreign workers and their reception in our society. Some may recognise the lead actor, Joseph Mawle, from his stint playing Jesus in last year's The Passion - and now drawing on his emotional reserves for this role of cantankerous head chef Kieran Corrigan. Raised by his patriotic war-hero grandfather, Kieran holds contempt for the foreign workers who surround him in the workplace. It seems he cannot set aside his prejudice in matters of the heart either. That is, until he is implicated for saving a young Polish girl from a burning building. Granted with adulation by all around, Kieran adapts to the situation and experiences warm feelings for the youngster who is in dire need of his help, clouding his ingrained politics.

ITV1

5.30 ITV Morning News. (T) 6.00 GMTV. (T) 9.25 The Jeremy Kyle Show. (R) (T) 10.30 No Place Like Home? (T) 11.25 ITV News Headlines; Weather. (T) 11.30 60 Minute Makeover. (R) (T) 12.30 Loose Women. (T) 1.30 ITV Lunchtime News. (T) 1.55 London News and Weather. (T) 2.00 Dickinson's Real Deal. (R) (T) 3.00 Daily Cooks Challenge. (T) 3.59 London Weather. (T) 4.00 Heartbeat. (R) (T)

5.00 Golden Balls. Jasper Carrott hosts the show in which four contestants enter a game of truth and bluff to find life-changing amounts of cash hidden inside a set of golden balls before making the final choice of whether to share the jackpot or try to keep it for themselves. (T)
6.00 London Tonight; Weather. (T)
6.30 ITV Evening News; Weather. (T)
7.00 Emmerdale. Lexi is devastated when Carl confesses that he does not want a baby and she lashes out at Nicola, who she blames for making him tell her the truth, and causes her to fall downstairs. Eddy speaks to Edna about her attitude toward Lily, who is upset to be leaving without her sister's approval, and Diane finds it increasingly difficult to work alongside Val. (T)
7.30 Coronation Street. After again resorting to stealing from Gail, Joe begs the doctor for more painkillers. Sally immediately begins showing off when Rosie unwittingly gives her Fiz's engagement ring. (T)
8.00 Airline. Rugby fans in Bristol hit a snag as they set off to watch the Llanelli Scarlets' match in Belfast, and a penniless traveller is left stranded by a cancelled service to Berlin. The Lichtmanns make their feelings known when manager Mary Hosier explains they have missed the plane to Madrid and must pay for the transfer to the next day's flight. (R) (T)
8.30 Coronation Street. Convinced it is the only way to get more pills, Joe begs Tina to give David another chance. A search of the factory quickly reveals who stole the ring from Sally. (T)
9.00 Monday Monday. Feeling the strain of visiting her dying father, Alyson is less than happy when Roger makes a huge PR gaffe and orders him to keep a low profile. However, a pub crawl with the candidates for the graduate trainee posts proves the undoing of him yet again and leaves two of the students behind bars. Max sets fire to himself on his birthday cake candles, prompting newly appointed fire-safety officer Vince to come to the rescue. (T)
10.00 News at Ten and Weather. (T)
10.30 London News and Weather. (T)
10.35 FILM: The Matrix (1999). Sci-fi action thriller, starring Keanu Reeves. (T)
1.00 British Touring Car Championship; ITV News Headlines. 2.15 Loose Women. (R) 3.05 The Jeremy Kyle Show. (R) (T) 4.00 ITV Nightscreen.

BBC2

6.00 CBeebies: Tikkabilla. (R) (T) 6.30 Teletubbies. (R) (T) 7.00 Lunar Jim. (R) (T) 7.10 Kerwhizz. (R) (T) 7.35 LazyTown. (R) (T) 8.00 CBBC: Who Wants to Be a Superhero? (R) (T) 9.00 Wolverine and the X-Men. (R) (T) 9.20 Krypto the Superdog. (R) (T) 9.30 Ed and Oucho's Excellent Inventions. (R) (T) 10.00 The Story of Tracy Beaker. (R) (T) 10.30 Deadly 60. (R) (T) 11.00 The Flintstones. (R) (T) 11.25 FILM: Tom's Midnight Garden (2000). Children's drama, starring Anthony Way. (T) 1.00 Open Gardens. (R) (T) 1.30 Animal Park. (R) (T) 2.15 Sun, Sea and Bargain Spotting. (R) (T) 3.00 Monk. (R) (T) 3.45 Flog It! (R) (T) 4.30 Put Your Money Where Your Mouth Is. (T) 5.15 Cash in the Celebrity Attic. (R) (T) 6.00 Eggheads. (T) 6.30 Knowitalls. (T) 7.00 Top Gear. Jeremy Clarkson and James May create an advert for Volkswagen. Last in the series. (R) (T) 8.00 University Challenge. Nottingham takes on Girton College, Cambridge. (T) 8.30 What to Eat Now. Valentine Warner focuses on quick and tasty summer suppers. (T) 9.00 The Trouble with Girls. Part one of two. Young women working to mend their criminal ways. (T) 10.00 How Not to Live Your Life. Don meets a girl nine years his junior. (T) 10.30 Newsnight; (T) Weather. (T) 11.20 The Wire. Carcetti responds to a last-minute smear campaign. (T) 12.20 BBC News. (T) 4.45 Close.

(R) - repeat programme;
(T) - programme with teletext subtitles;
(S) - programme broadcast in stereo;
(bw) - black and white.

C4

6.05 Sali Mali. (T) 6.10 The Hoobs. (R) (T) 6.35 The Hoobs. (R) (T) 7.00 Big Brother's Little Brother. (R) (T) 8.00 Big Brother. (R) (T) 9.05 Friends. (R) (T) 9.35 Friends. (R) (T) 10.05 The OC. (R) (T) 11.00 The OC. (R) (T) 12.00 News at Noon. (T) 12.30 Seaside Secrets. (R) (T) 12.45 FILM: Journey to the Center of the Earth (1959). Sci-fi adventure, starring Pat Boone. (T) 3.10 Celebrity Come Dine with Me Extra Portions. (T) 3.40 Celebrity Come Dine with Me Extra Portions. (T) 4.10 Deal or No Deal: Noel's Hall of Fame. (R) (T) 5.00 Celebrity Come Dine with Me Extra Portions. (T) 5.30 Celebrity Come Dine with Me Extra Portions. (T) 6.00 The Simpsons. (R) (T) 6.30 Hollyoaks. (T) 7.00 Channel 4 News. (T) 7.55 3 Minute Wonder: The Estate. Best friends reflect on leaving their homes and childhoods behind. (T) 8.00 Dispatches: The War Against Street Weapons. Cherie Booth investigates the use of weapons among young people. (T) 9.00 The Scandalous Adventures of Lord Byron. Part two of two. Rupert Everett recalls the journey Lord Byron embarked on following his exile from England, and learns about the new levels of depravity the poet encountered. (T) 10.00 Big Brother. The past 24 hours in the house. (T) 11.10 Wife Swap. (R) (T) 12.10 4Music: Florence and the Machine: Video Exclusive. (T) 12.15 Big Brother Live. 3.20 Dispatches: The War Against Street Weapons. (R) (T) 4.10 The Big Monster Dig. (R) (T) 5.05 Scrapheap Challenge. (R) (T)

FIVE

6.00 Milkshake!: Elmo's World. (R) (T) 6.15 Pocoyo. (R) (T) 6.20 Fireman Sam. (R) (T) 6.35 The Beeps. (R) (T) 6.45 Roobarb and Custard Too. (R) (T) 6.55 Peppa Pig. (R) (T) 7.00 The WotWots. (R) (T) 7.10 Chiro. (R) (T) 7.15 Milkshake Monkey. (T) 7.20 Bert and Ernie's Great Adventures. (R) (T) 7.25 Milkshake! Bop Box. (T) 7.30 Roary the Racing Car. (R) (T) 7.40 Ebb and Flo. (R) (T) 7.45 Noddy in Toyland. (R) (T) 8.00 Fifi and the Flowertots. (R) (T) 8.15 Peppa Pig. (R) (T) 8.20 Peppa Pig. (R) (T) 8.25 Thomas & Friends. (R) (T) 8.35 Little Princess. (R) (T) 8.45 The Adventures of Bottle Top Bill and His Best Friend Corky. (R) (T) 9.00 The Mr Men Show. (R) (T) 9.15 Hana's Helpline. (R) (T) 9.25 Funky Valley. (R) (T) 9.35 Olivia. (R) (T) 9.45 Weird Creatures with Nick Baker. (R) (T) 10.45 Trisha Goddard. (R) (T) 11.45 House. (R) (T) 12.40 Five News. (T) 12.50 Medical Investigation. (R) (T) 1.45 Neighbours. (T) 2.15 Zoo Days. (R) (T) 2.50 The Property List. (R) (T) 3.10 FILM: Final Descent (1997). Disaster drama, starring Robert Urich. (T) 5.00 Five News with Natasha Kaplinsky; Weather. (T) 5.30 Neighbours. (R) (T) 6.00 Michaela's Animal Road Trip. (T) 7.00 Five News at 7. (T) 7.15 Cricket on Five. England v Australia. (T) 8.00 The Gadget Show. New series. The team constructs a full-sized remote-controlled vehicle; (T) 8.00 Five News at 9. 9.00 The Hotel Inspector. Improving the fortunes of the Swan Hotel in Harleston, Norfolk. (T) 10.00 FILM: Single White Female (1992). A career woman makes the mistake of taking in a lodger who becomes dangerously obsessive. Thriller, starring Bridget Fonda and Jennifer Jason Leigh. Including Five News Update. (T) 12.10 Lockdown. (R) (T) 1.15 NASCAR. 2.10 Race and Rally UK. 3.00 Grand American Racing. 3.45 A1 Grand Prix. (R) 4.30 V8 Supercars. (R) 5.10 Neighbours. (R) (T) 5.35 Great Artists. (R) (T)

LOCAL

RTP1
0630 Bom Dia Portugal 1000 Verão Total 1300 News 1420 Chamas da Vida 1500 Sangue do Meu Sangue 1545 Verão Total 1800 Portugal em Directo 1905 Preço Certo 2000 News 2100 Jogo Duplo 2200 Conta-me Como Foi 2300 A Minha Família 2345 Liberdade 21 0045 28 Days, film 0200 Amor e Intrigas 0345 Telesales 0605 Nòs
RTP2
0715 Zig Zag 1400 Supernatural, series 1530 National Geographic 1630 Zig Zag 1830 A Fé dos Homens 1900 A Minha Sogra É Uma Bruxa 1930 Zig Zag 2045 Samantha Who?, series 2115 National Geographic 2145 A Hora da Sorte 2200 News 2240 ER, series 2330 30 Rock, series 0000 5 Para a Meia-Noite 0100 The Story of India, documentary 0200 Euronews
SIC
0600 Sic Notícias 0700 Sic Kids 0815 A Minha Família é uma Animação 0900 Tween Box 1000 O Mundo de Patty 1100 Sic ao Vivo 1300 News 1415 Mulheres Apaixonadas 1530 Sic ao Vivo 1700 Mar Azul 1800 Três Irmãs 1900 Tá a Gravar 2000 News 2130 Salve-se Quem Puder 2230 Cenas do Casamento 2315 Caminho das Índias 0030 CSI: Miami, series 0130 Desperate Housewives, series 0230 Quando o Telefone Toca
TVI
0700 Diário da Manha 1015 Você na TV! 1300 News 1400 As Tardes da Júlia 1700 Quem quer Ganha 1815 Morangos com Açúcar 2000 News 2130 Deixa Que Te Leve 2230 Sentimentos 2330 Flor do Mar 0015 House MD, series 0115 Harper's Island, series 0230 Sempre a Somar 0430 Law & Order: Special Victims Unit, series 0530 Telesales

Best of the Rest

BBC3
7.00 Doctor Who 7.45 Doctor Who Confidential 8.00 Bizarre ER 8.30 Underage and Pregnant 9.00 Gavin & Stacey 9.30 We Are Klang 10.00 EastEnders 10.30 Little Britain 11.00 Family Guy 11.25 Family Guy 11.45 Underage and Pregnant 12.15 Gavin & Stacey 12.45 How Not to Live Your Life 1.15 Boob Job - My Big Decision 2.15 The Real Hustle on Holiday 2.45 We Are Klang 3.15 Bizarre ER 3.45 How Not to Live Your Life 4.15 Boob Job - My Big Decision 5.15 Close
BBC4
7.00 World News Today 7.00 Weather 7.30 The Sky at Night 8.00 The Sky at Night 8.30 Only Connect 9.00 Wallander 10.30 The Secret Life of the Motorway 11.30 The Secret Life of the Motorway 12.30 The Secret Life of the Motorway 1.30 Only Connect 2.00 Ozwald Boateng - Why Style Matters 3.00 The Sky at Night 3.30 The Sky at Night 4.00 Close
ITV2
1.00 Emmerdale 1.30 The Jeremy Kyle Show 2.35 The Jeremy Kyle Show 3.45 Ricki Lake 4.30 Ricki Lake 5.15 Sally Jessy Raphael 6.00 Judge Judy 7.00 Gossip Girl 8.00 Who Wants to Be a Millionaire? 9.00 Film: The Chronicles of Riddick 15 (2004) 11.20 Coronation Street 11.50 Coronation Street 12.20 Celebrity Juice 12.50 Celebrity Juice 1.25 Emmerdale 1.50 American Princess 2.45 Teleshopping 3.15 The Montel Williams Show 3.55 Teleshopping 5.55 ITV2 Nightscreen
Sky1
1.00 Don't Forget the Lyrics 2.00 A Town Called Eureka 3.00 The Real A&E 4.00 Malcolm in the Middle 4.30 Malcolm in the Middle 5.00 Oops TV 5.30 Oops TV 6.00 Futurama 6.30 Futurama 7.00 The Simpsons 7.30 The Simpsons 8.00 The Simpsons 8.30 The Simpsons 9.00 Road Wars 10.00 Night Cops 11.00 Vic Reeves Investigates Jack the Ripper 12.00 Road Wars 1.00 Road Wars 1.50 Ross Kemp on Gangs 2.40 Is Harry on the Boat? 3.30 Nothing But the Truth 4.20 Airline 4.45 Road Wars 5.10 Brainiac: Science Abuse
GOLD
1.00 First of the Summer Wine 1.40 Whatever Happened to the Likely Lads? 2.20 Yes Minister 3.00 Last of the Summer Wine 3.40 The Brittas Empire 4.20 My Family 5.00 As Time Goes By 5.40 One Foot in the Grave 6.20 First of the Summer Wine 7.00 Whatever Happened to the Likely Lads? 7.40 Yes Minister 8.20 Last of the Summer Wine 9.00 Only Fools and Horses 11.00 The Vicar of Dibley 11.40 Absolutely Fabulous 12.25 Hippies 1.05 The New Statesman 1.55 Steptoe and Son 2.30 Hippies 3.00 Close
TCM
1.00 A Big Hand for the Little Lady U (1966) 3.00 Pride and Prejudice U (1940) 5.15 The Train Robbers U (1973) 7.05 The Omega Man PG (1971) 9.00 Private Benjamin 15 (1980) 11.15 Before Sunrise 15 (1995) 1.10 Private Benjamin 15 (1980) 3.15 Before Sunrise 15 (1995) 5.00 A Big Hand for the Little Lady U (1966)
The Disney Channel
Kids' programmes from 7am, except: 9.00 Film: Wendy Wu: Homecoming Warrior PG (2006) Adventure, starring Brenda Song.

MOVIES

Sky Movies Drama

6.00 Phenomenon PG (1996) 8.15 The Movie Geek 8.45 Mo' Better Blues 15 (1990) 11.00 The Evening Star 15 (1996) With Shirley MacLaine. 1.15 Agnes of God 15 (1985) With Jane Fonda. 3.25 The Top 10 Show 3.45 The War PG (1994) With Kevin Costner. 6.00 The Sixth Sense 15 (1999) With Bruce Willis. 8.00 PS I Love You 12 (2007) With Hilary Swank. 10.10 Get Real 15 (1999) With Ben Silverstone. 12.10 Joan of Arc 15 (1999) With Milla Jovovich. 2.50 Inserts 18 (1975) With Richard Dreyfuss. 4.50 The Simple Life of Noah Dearborn PG (1999)

Sky Movies Comedy

6.40 35MM 7.10 King Ralph PG (1991) 8.55 Catch-22 15 (1970) 11.00 Three and Out 15 (2008) With Mackenzie Crook. 12.45 Wild Hogs 12 (2007) With John Travolta. 2.30 What Happens in Vegas 12 (2008) With Cameron Diaz. 4.15 Kindergarten Cop 15 (1990) With Arnold Schwarzenegger. 6.15 King Ralph PG (1991) With John Goodman. 8.00 Wild Hogs 12 (2007) With John Travolta. 9.45 What Happens in Vegas 12 (2008) With Cameron Diaz. 11.30 Three and Out 15 (2008) With Mackenzie Crook. 1.15 Catch-22 15 (1970) With Alan Arkin. 3.25 Kindergarten Cop 15 (1990) 5.25 Expiration Date 12 (2006)

Sky Movies Action/Thriller

6.45 Jaws 3 12 (1983) 8.35 The Temp 15 (1993) 10.25 Joe Kidd 15 (1972) 12.05 35MM 12.35 In the Name of the King: A Dungeon Siege Tale 12 (2007) With Jason Statham. 2.45 The Terminator 15 (1984) With Arnold Schwarzenegger. 4.40 Jaws 3 12 (1983) With Dennis Quaid. 6.25 Red Sonja 15 (1985) With Brigitte Nielsen. 8.00 In the Name of the King: A Dungeon Siege Tale 12 (2007) With Jason Statham. 10.10 The Condemned 18 (2007) With Steve Austin. 12.05 McVicar 18 (1980) With Roger Daltrey. 2.00 The Corruptor 18 (1999) With Chow Yun-Fat. 3.55 Joe Kidd 15 (1972) 5.25 Angel Flight Down PG (1996)

SPORT

Sky Sports 1

6.00 Good Morning Sports Fans 9.00 Where Are They Now? 9.30 FIFA Futbol Mundial 10.00 Cricket: The Ashes Live. England v Australia. 7.00 Where Are They Now? 7.30 Live Speedway. Poole Pirates v Coventry Bees. 9.30 Where Are They Now? 10.00 Time of Our Lives 11.00 Cricket: The Ashes 1.00 Soccer AM: The Best Bits 2.00 FIFA Futbol Mundial 2.30 Sports Unlimited 3.30 Watersports World 4.30 Max Power 5.30 FIFA Futbol Mundial

Sky Sports 2

6.00 Aerobics Oz Style 6.30 Ocean Adventures 7.00 Cricket: The Ashes 9.00 Ocean Adventures 9.30 Where Are They Now? 10.00 Max Power 11.00 Emirates Cup Football 1.00 Premier League Years 3.00 Show Jumping 4.00 Emirates Cup Football 6.00 Ocean Adventures 6.30 Wild Spirits 7.00 Golf 8.00 Cricket: The Ashes 10.00 Poker 11.00 Speedway 1.00 Poker 2.00 Golf 3.00 Show Jumping 4.00 Close

Sky Sports 3

7.00 Emirates Cup Football 9.00 Premier League Years 11.00 Aerobics Oz Style 11.30 Racing News 12.00 Show Jumping 1.00 Golf Night 1.30 Golf Night 2.00 US Seniors Tour Golf 5.00 WWE: Raw 7.00 Show Jumping 8.00 NASCAR 10.00 WWE: Late Night - Bottom Line 11.00 WWE: Late Night - Afterburn 12.00 Extreme Championship Wrestling 1.00 WWE Vintage Collection 2.00 Live WWE: Raw. Wrestling action from the States. 4.15 Close

British Eurosport

7.30 Motorsports Weekend 7.45 World Rally Championship 8.15 Swimming 9.45 Athletics 11.15 Polo 12.15 Under-19s European Championship Football 2.00 WTA Tennis 3.00 Triathlon 3.30 Athletics 5.00 Cycling 5.30 Cycling 6.15 Swimming 7.15 World Superbikes 8.15 MotoGP 10.15 Motocross 11.15 Cycling 11.45 Cycling 12.30 Close

Sky Sports Xtra

7.00 WWE: Bottom Line 8.00 Golf Night 8.30 Golf Night 9.00 US Seniors Tour Golf 12.00 NASCAR 2.00 Pool 3.30 Aerobics Oz Style 4.00 NASCAR 6.00 Premier League Years 8.00 Pool 9.30 Wild Spirits 10.00 Golf 11.00 Ocean Adventures 11.30 Wild Spirits 12.00 Premier League Years 2.00 Pool 3.30 Ocean Adventures 4.00 Wild Spirits 4.30 Close

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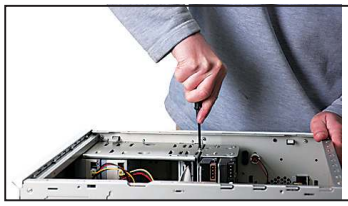

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[2] Installation costs €40 per hour, but not available in every area.

WORLD TELECOM
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BBC1

6.00 Breakfast. (T) 9.15 Heir Hunters. (R) (T) 10.00 Escape to the Country; (R) (T) BBC News; Weather. (T) 11.00 Homes Under the Hammer. (R) (T) 11.30 Trash to Cash; (T) BBC News; Weather. (T) 12.15 Cash in the Attic. (R) (T) 1.00 BBC News; Weather. (T) 1.30 Regional News; Weather. (T) 1.45 Doctors. (T) 2.15 Murder, She Wrote. (R) (T) 3.00 BBC News; Weather; Regional News. (T) 3.05 CBeebies: Mister Maker. (R) (T) 3.25 CBBC: Bear Behaving Badly. (R) (T) 3.50 League of Super Evil. (R) (T) 4.00 Thumb Wrestling Federation: TWF. (R) (T) 4.05 Sam & Mark's Guide to Dodging Disaster. (R) (T) 4.35 Clash. (T) 5.00 Newsround. (T)

5.15 Weakest Link. Anne Robinson oversees the back-stabbing general knowledge quiz, as contestants try to weed out the weaklings and walk off with a cash prize. (R) (T)
6.00 BBC News; Weather. (T)
6.30 Regional News Programmes; Weather. (T)
7.00 The One Show. Adrian Chiles and Christine Bleakley present the live topical show, including regular features by historian Dan Snow and consumer expert Dominic Littlewood. (T)
7.30 EastEnders. Owen assures Denise he has changed, but she makes it clear she is only visiting him for Libby's sake. Dawn decides who she wants to be with as Minty finally gets through to her; (T) BBC News; Regional News. (T)
8.00 Holby City. Donna finds her father drunk ahead of his operation, but Ric quickly sees through her efforts to cover for him and cancels the surgery. Connie hopes to impress the hospital chairman, but knows having Jac in theatre will hinder her chances, and Daisha stands up for Oliver when Linden accuses him of being the ward joker despite proving himself capable of doing the job. (T)
9.00 The Truth About Crime. Nick Ross investigates why incidences of anti-social behaviour are on the rise. He meets members of a family whose home has been targeted by egg-throwing thugs, as well as a mother who is being terrorised by local drug dealers. Plus, he discovers how altering road layouts can deter joy-riders. Last in the series. (T)
10.00 BBC News. (T)
10.25 Regional News; Weather. (T)
10.35 Neighbourhood Watched. New series. Four-part documentary chronicling the day-to-day struggles faced by the nation's housing officers, who deal with problems including anti-social behaviour and finding homes for tenants stuck on waiting lists. Sarah Chilton takes on a troublesome family, Julie Lyle comes face to face with two bull mastiffs and Alan Kibble calls the police out to a flat. (T)
11.15 FILM: O (2001). Drama, starring Mekhi Phifer; (T) Weatherview. (T)
12.50 Sign Zone: Coast. (R) (T) 1.50 Sign Zone: Country Tracks. (R) (T) 2.45 Sign Zone: Heir Hunters. (R) (T) 3.30 BBC News. (T)

Pick of the Day

Desperate Romantics (BBC2, 9pm)
As every talented young artist soon learns, the riches and glories of success often come with a hefty price tag attached. Replace the debt of money with a female object, and you have the conundrum facing Sam Millais in this episode. I hereby call on Ellie Ruskin, to compound the already-rocketing testosterone levels in the Pre-Raphaelite Brotherhood camp. Aspiring model Lizzie Siddal - played by the porcelain-skinned Amy Manson - captured the group's interest for a while, but unsatisfied young wife Ellie is prime bate for their romantic sensibilities. Having bagged the patronage of famed art critic John Ruskin, anyone would think Millais would be made up, willing to agree to whatever is deemed necessary, but there would be no drama without ample treading of the moral high ground. Faced with the option of sleeping with Ruskin's wife, or waving goodbye to his newfound opportunities - good-boy Millais is understandably torn. So much so, not even Rossetti's eagerness at Ellie Ruskin being meat for the taking is able to stir his loins into action. If all this confusion wasn't enough, the dreaded four-letter word (beginning with ël') thrown into the mix may just push Millais over the edge.

ITV1

5.30 ITV Morning News. (T) 6.00 GMTV. (T) 9.25 The Jeremy Kyle Show. (R) (T) 10.30 No Place Like Home? (T) 11.25 ITV News Headlines; Weather. (T) 11.30 60 Minute Makeover. (R) (T) 12.30 Loose Women. (T) 1.30 ITV Lunchtime News. (T) 1.55 London News and Weather. (T) 2.00 Dickinson's Real Deal. (R) (T) 3.00 Daily Cooks Challenge. (T) 3.59 London Weather. (T) 4.00 Heartbeat. (R) (T)

5.00 Golden Balls. Jasper Carrott hosts the show in which four contestants enter a game of truth and bluff to find life-changing amounts of cash hidden inside a set of golden balls. (T)
6.00 London Tonight; Weather. (T)
6.30 ITV Evening News; Weather. (T)
7.00 Emmerdale. Nicola and Jimmy tell Carl he must take some blame for the accident. Val is cut off by Pollard and Diane, and Gennie tires of being caught in the crossfire between Viv and Brenda. (T)
7.30 You've Been Framed! Harry Hill narrates camcorder calamities. (R) (T)
8.00 Send in the Dogs. PC Dave Smith and his Belgian shepherd Kelly race to the scene of a burglary at a pet-food store, but when the suspects are found to have fled the scene, police helicopter India 99 is used to help track them down. PC Adele Gibson and her sidekick Diesel take part in a dawn drugs raid, and the London heats of the annual police dog trials give PC Andy Miller's dog Nelson the chance to test his skills. Narrated by Ken Stott. (T)
9.00 Car Crime UK. The Intercept team in Cornwall recruits a sniffer dog to search a suspect's car and finds drugs to the value of #2,000, and officers in Tameside, Greater Manchester, chase a driver who refuses to stop. However, the biggest discovery is in the centre of Manchester, where a raid on a huge cannabis factory leads to one of the largest hauls of its kind in the city - thousands of plants worth more than #1million. (T)
10.00 News at Ten and Weather. (T)
10.30 London News and Weather. (T)
10.35 Police, Camera, Action! Adrian Simpson shares statistics revealing that more than 500,000 cars are stolen in Britain each year and offers tips to help viewers keep their vehicles secure. (R) (T)
11.05 Supernatural. Sam and Dean investigate a spate of murders on a film set and try to work out whether ghosts are involved or if the killings are part of an elaborate hoax. Jared Padelecki stars. (T)
12.00 Nightwatch with Steve Scott: Action Stations. (R) (T) 12.50 Nightwatch with Steve Scott: Emergency; (R) (T) ITV News Headlines. 1.45 Loose Women. (R) 2.30 The Jeremy Kyle Show. (R) (T) 3.25 ITV Nightscreen.

BBC2

6.00 CBeebies: Tikkabilla. (R) (T) 6.30 Teletubbies. (R) (T) 7.00 Lunar Jim. (R) (T) 7.10 Kerwhizz. (R) (T) 7.35 LazyTown. (R) (T) 8.00 CBBC: Who Wants to Be a Superhero? (R) (T) 9.00 Wolverine and the X-Men. (R) (T) 9.20 Krypto the Superdog. (R) (T) 9.30 Ed and Oucho's Excellent Inventions. (R) (T) 10.00 The Story of Tracy Beaker. (R) (T) 10.30 Deadly 60. (R) (T) 11.00 The Flintstones. (R) (T) 11.25 FILM: The Story of an African Farm (2004). Family drama, starring Richard E Grant. (T) 1.00 Open Gardens. (R) (T) 1.30 Animal Park. (R) (T) 2.15 Sun, Sea and Bargain Spotting. (R) (T) 3.00 Monk. (R) (T) 3.45 Flog It! (R) (T) 4.30 Put Your Money Where Your Mouth Is. (R) (T) 5.15 Cash in the Celebrity Attic. (R) (T) 6.00 Eggheads. (T) 6.30 Knowitalls. (T) 7.00 Who Do You Think You Are? TV presenter Kate Humble finds out about her family history. (R) (T) 8.00 Coast. The team travels from Cork to Dublin. Neil Oliver explores the last port visited by the ill-fated Titanic and Dick Strawbridge takes a perilous railway ride in Co Wicklow. (T) **9.00 Desperate Romantics.** Millais's success comes at a price. (T) 10.00 Wainwright Walks: Coast to Coast. Julia Bradbury crosses the Pennines, setting off from the Eden Valley and passing through Kirkby Stephen, where wet weather makes for a challenging journey. (T) 10.30 Newsnight; (T) Weather. (T) 11.20 The Wire. Proposition Joe continues to court Marlo. (T) 12.20 BBC News. (T) 3.30 Close.

(R) - repeat programme;
(T) - programme with teletext subtitles;
(S) - programme broadcast in stereo;
(bw) - black and white.

C4

6.00 The Hoobs. (R) (T) 6.25 The Hoobs. (R) (T) 6.50 Everybody Loves Raymond. (R) (T) 7.20 Big Brother's Little Brother. (T) 7.50 Big Brother. (R) (T) 9.00 Friends. (R) (T) 9.35 Friends. (R) (T) 10.05 The OC. (R) (T) 11.00 The OC. (R) (T) 12.00 News at Noon. (T) 12.30 A Place by the Sea. (R) (T) 1.25 FILM: The Return of Frank James (1940). Western sequel, starring Henry Fonda. (T) 3.10 Come Dine with Me Extra Portions. (T) 3.40 Come Dine with Me Extra Portions. (T) 4.10 Deal or No Deal: Noel's Hall of Fame. (R) (T) 5.00 Come Dine with Me Extra Portions. (T) 5.30 Come Dine with Me Extra Portions. (T) 6.00 The Simpsons. (R) (T) 6.30 Hollyoaks. (T) 7.00 Channel 4 News. (T) 7.55 3 Minute Wonder: The Estate. Fading memories of the estate. (T) 8.00 Property Snakes and Ladders. Sarah Beeny catches up with a would-be estate agent. (T) 9.00 Big Brother. The housemates make their nominations. (T) 10.00 You Have Been Watching. TV critic Charlie Brooker invites actor Martin Freeman and comedian Reginald D Hunter to take part in a comedy quiz examining the highs and lows of the week's programmes. (T) 10.50 The Inbetweeners. (T) 11.25 Rude Tube. (R) (T) 11.55 4Music: Mika: Video Exclusive. (T) 12.00 The Kevin Bishop Show. (R) (T) 12.30 World Series of Poker Europe. (R) (T) 1.30 Big Brother Live. 4.00 Post Modern Pastimes. (R) (T) 4.15 World Sport. (R) (T) 4.40 World Superbikes. (T) 5.10 British GT Championship. (R) (T) 5.35 FIA GT Championship. (R) (T)

FIVE

6.00 Milkshake!: Elmo's World. (R) (T) 6.15 Pocoyo. (R) (T) 6.20 Fireman Sam. (R) (T) 6.35 The Beeps. (R) (T) 6.45 Roobarb and Custard Too. (R) (T) 6.55 Peppa Pig. (R) (T) 7.00 The WotWots. (R) (T) 7.10 Chiro. (R) (T) 7.15 Milkshake Monkey. (T) 7.20 Bert and Ernie's Great Adventures. (R) (T) 7.25 Milkshake! Bop Box. (T) 7.30 Roary the Racing Car. (T) 7.40 Ebb and Flo. (R) (T) 7.45 Noddy in Toyland. (R) (T) 8.00 Fifi and the Flowertots. (R) (T) 8.15 Peppa Pig. (R) (T) 8.20 Peppa Pig. (R) (T) 8.25 Thomas & Friends. (R) (T) 8.35 Little Princess. (R) (T) 8.45 The Adventures of Bottle Top Bill and His Best Friend Corky. (R) (T) 9.00 The Mr Men Show. (R) (T) 9.15 Hana's Helpline. (R) (T) 9.25 Funky Valley. (R) (T) 9.35 Olivia. (R) (T) 9.45 Michaela's Animal Road Trip. (R) (T) 10.45 Trisha Goddard. (R) (T) 11.45 House. (R) (T) 12.40 Five News. (T) 12.50 Medical Investigation. (R) (T) 1.45 Neighbours. (T) 2.15 Zoo Days. (R) (T) 2.50 The Property List. (R) (T) 3.10 FILM: A Kiss at Midnight (2008). Premiere. Romantic drama, starring Faith Ford and Cameron Daddo. (T) 5.00 Five News with Natasha Kaplinsky; Weather. (T) 5.30 Neighbours. (R) (T) 6.00 Michaela's Animal Road Trip. (T) 7.00 Five News at 7. (T) 7.30 Vets in Action. A vet is called to a pregnant cow suffering from milk fever; (R) (T) 7.30 Five News Update. (T) 8.00 Big, Bigger, Biggest. The construction of the USS Pennsylvania; (T) 8.00 Five News at 9. 9.00 CSI: Miami. An accident halts Calleigh and Eric's progress. (T) 10.00 CSI: NY. Mac investigates three seemingly unrelated murders, which took place simultaneously at locations around the city, and discovers the victims had one very significant thing in common; (R) (T) Five News Update. (T) 11.00 CSI: Crime Scene Investigation. (R) (T) 12.00 The Guardian. (R) (T) 1.00 US Tour Golf. 2.00 European Challenge Tour Golf. 2.25 European Challenge Tour Golf. 3.15 Motorsport Mundial. 3.40 Indy Car Series. (R) 4.20 Indy Car Series. 5.10 Neighbours. (R) (T) 5.35 Great Artists. (R) (T)

LOCAL

RTP1
0630 Bom Dia Portugal 1000 Verão Total 1300 News 1420 Chamas da Vida 1500 Sangue do Meu Sangue 1515 Verão Total 1800 Portugal em Directo 1905 Preço Certo 2000 News 2100 Jogo Duplo 2200 Conta-me Como Foi 2300 A Minha Familia 2345 Liberdade 21 0045 Californication, series 0145 Amor e Intrigas 0330 Telesales 0530 Euronews 0605 Nós
RTP2
0715 Zig Zag 1400 Supernatural, series 1530 National Geographic 1630 Zig Zag 1830 A Fé dos Homens 1900 A Minha Sogra É Uma Bruxa 1930 Zig Zag 2045 Samantha Who?, series 2115 National Geographic 2200 News 2240 The Mentalist, series 2330 30 Rock, series 0000 5 Para a Meia-Noite 0100 The Story of India, documentary 0200 Euronews
SIC
0600 Sic Notícias 0700 Sic Kids 0815 A Minha Família é uma Animação 0900 Tween Box 1000 O Mundo de Patty 1100 Sic ao Vivo 1300 News 1415 Mulheres Apaixonadas 1530 Sic ao Vivo 1700 Mar Azul 1800 Três Irmãs 1900 Tá a Gravar 2000 News 2130 Salve-se Quem Puder 2230 Cenas do Casamento 2315 Caminho das Índias 0030 CSI: Miami, series 0130 Desperate Housewives, series 0230 Quando o Telefone Toca
TVI
0700 Diário Da Manhã 1015 Você na TV! 1300 News 1400 As Tardes da Júlia 1700 Quem quer Ganha 1815 Morangos com Açúcar 2000 News 2130 Deixa Que Te Leve 2230 Sentimentos 2330 Flor do Mar 0015 Apanha-me Se Puderes 0115 House MD, series 0230 Sempre a Somar 0430 Law & Order: Special Victims Unit, series 0530 Telesales

Best of the Rest

BBC3
7.00 Doctor Who 7.45 Doctor Who Confidential 8.00 Young, Dumb and Living Off Mum 9.00 Sixteen: Too Young to Vote? 10.00 EastEnders 10.30 Underage and Pregnant 11.00 Family Guy 11.25 Family Guy 11.45 Young, Dumb and Living Off Mum 12.45 Sex: My Big Decision 1.40 Britain's Most Embarrassing Parents 2.40 Underage and Pregnant 3.10 Baby Beauty Queens 4.10 Doctor Who Confidential 4.25 Sixteen: Too Young to Vote? 5.20 Close
BBC4
7.00 World News Today 7.00 Weather 7.30 Only Connect 8.00 South Pacific 9.00 We Need Answers: Reading 9.30 Cowards 10.00 The Pre Raphaelites: Victorian Revolutionaries 10.30 Getting On 11.00 Early Doors 11.30 Breaking the Mould: The Story of Penicillin 12.55 Getting On 1.25 We Need Answers: Reading 1.55 Cowards 2.25 The Pre Raphaelites: Victorian Revolutionaries 2.55 Only Connect 3.25 Cowards 3.55 Close
ITV2
1.00 Emmerdale 1.30 The Jeremy Kyle Show 2.35 The Jeremy Kyle Show 3.45 Ricki Lake 4.30 Ricki Lake 5.15 Sally Jessy Raphael 6.00 Judge Judy 7.00 Gossip Girl 8.00 Spain: Paradise Lost 9.00 Film: 40 Days and 40 Nights 15 (2002) 11.00 Film: Cliffhanger 15 (1993) 1.10 Emmerdale 1.40 The Office: An American Workplace 2.05 The Office: An American Workplace 2.25 Teleshopping 2.55 The Montel Williams Show 3.35 Teleshopping 5.35 ITV2 Nightscreen
Sky1
1.00 Don't Forget the Lyrics 2.00 A Town Called Eureka 3.00 The Real A&E 4.00 Malcolm in the Middle 4.30 Malcolm in the Middle 5.00 Oops TV 5.30 Oops TV 6.00 Futurama 6.30 Futurama 7.00 The Simpsons 7.30 The Simpsons 8.00 A Town Called Eureka 9.00 House 10.00 House 11.00 Law & Order 12.00 Road Wars 1.00 Road Wars 1.50 Ross Kemp on Gangs 2.40 Is Harry on the Boat? 3.30 Nothing But the Truth 4.20 Airline 4.45 Road Wars 5.10 Brainiac: Science Abuse
GOLD
1.00 First of the Summer Wine 1.40 Whatever Happened to the Likely Lads? 2.20 Yes Minister 3.40 The Brittas Empire 4.20 My Family 5.00 As Time Goes By 5.40 One Foot in the Grave 6.20 First of the Summer Wine 7.00 Whatever Happened to the Likely Lads? 7.40 Yes Minister 9.00 The Vicar of Dibley 9.40 Absolutely Fabulous 10.20 Fawlty Towers 11.00 Little Britain USA 11.35 Blackadder II 12.20 Hippies 1.00 The New Statesman 1.50 The Dick Emery Show 2.00 Steptoe and Son 2.30 Hippies 3.00 Close
TCM
1.00 The Bramble Bush PG (1960) 3.00 Captain Horatio Hornblower RN PG (1951) 5.05 The Bobo PG (1967) 7.10 Gunfight at Comanche Creek U (1963) 9.00 Blazing Saddles 15 (1974) 10.50 Bullitt 15 (1968) 1.00 Blazing Saddles 15 (1974) 2.50 There Was a Crooked Man 15 (1970) 5.00 The Bramble Bush PG (1960)
The Disney Channel
Kids' programmes from 7am, except: 9.00 Film: Hatching Pete PG (2009) Family drama, starring Jason Dolley and Mitchel Musso.

MOVIES

Sky Movies Drama

6.30 One True Thing 15 (1998) 8.45 The Capture of the Green River Killer 11.40 The Top 10 Show 12.00 What Dreams May Come 15 (1998) With Robin Williams. 2.00 Daisy Miller U (1974) With Cybill Shepherd. 3.45 In the Land of Women 12 (2007) With Adam Brody. 5.30 The Movie Geek 6.00 Perfect Stranger 15 (2007) With Halle Berry. 8.00 Across the Universe 12 (2005) With Evan Rachel Wood. 10.15 The Brave One 18 (2007) With Jodie Foster. 12.20 Happiness 18 (1998) With Philip Seymour Hoffman. 2.45 Titus 18 (1999) With Anthony Hopkins. 5.30 To Be Fat Like Me PG (2007)

Sky Movies Comedy

7.10 The Santa Clause 3: The Escape Clause U (2006) 8.45 35MM 9.15 Housesitter PG (1991) 11.00 Baby Mama 12 (2008) With Tina Fey. 12.45 Semi-Pro 15 (2008) With Will Ferrell. 2.20 Family Show 2.50 Over Her Dead Body 12 (2008) With Eva Longoria Parker. 4.30 Blast from the Past 12 (1999) With Brendan Fraser. 6.15 Housesitter PG (1991) With Steve Martin. 8.00 Baby Mama 12 (2008) With Tina Fey. 9.45 Semi-Pro 15 (2008) With Will Ferrell. 11.20 Over Her Dead Body 12 (2008) With Eva Longoria Parker. 1.00 I Could Never Be Your Woman 12 (2007) With Michelle Pfeiffer. 2.45 Blast from the Past 12 (1999) With Brendan Fraser. 4.40 The Santa Clause 3: The Escape Clause U (2006)

Sky Movies Action/Thriller

7.00 The Top 10 Show 7.15 Turbulence 2: Fear of Flying 15 (1999) 9.10 Flight of the Intruder 12 (1990) 11.15 Vantage Point 12 (2008) With Dennis Quaid. 1.00 Charley Varrick 15 (1973) With Walter Matthau. 3.05 Turbulence 2: Fear of Flying 15 (1999) With Tom Berenger. 5.00 F/X: Murder by Illusion 15 (1986) With Bryan Brown. 7.00 F/X2: The Deadly Art of Illusion 15 (1991) With Bryan Brown. 9.00 Vantage Point 12 (2008) With Dennis Quaid. 10.35 The Glimmer Man 18 (1996) With Steven Seagal. 12.10 The Hand That Rocks the Cradle 15 (1992) With Rebecca De Mornay. 2.15 Delta Force II: The Colombian Connection 18 (1990) With Chuck Norris. 4.25 Back in Business PG (2007)

(R) - repeat programme;
(T) - programme with teletext subtitles;
(S) - programme broadcast in stereo;
(bw) - black and white.

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SPORT

Sky Sports 1

6.00 Good Morning Sports Fans 9.00 Cricket: The Ashes 11.00 Speedway 1.00 Cricket: The Ashes 3.00 Mountain Bike World 3.30 Poker 4.30 Live Pro40 Cricket. Northamptonshire Steelbacks v Lancashire Lightning. 10.00 Time of Our Lives 11.00 Football Asia 11.30 NFL: Total Access 12.30 Time of Our Lives 1.30 Football Asia 2.00 F3 Euroseries 3.00 Premier League Years 5.00 Football Asia 5.30 Mountain Bike World

Sky Sports 2

6.00 Aerobics Oz Style 6.30 Ocean Adventures 7.00 WWE: Afterburn 8.00 Golf 9.00 Bowls 11.00 Poker 12.00 Mountain Bike World 12.30 Wild Spirits 1.00 Premier League Years 3.00 Speedway 5.00 NFL: Total Access 6.00 Mountain Bike World 6.30 Challenge Series Golf 7.00 Football Asia 7.30 Live Greyhound Racing. The Steel City Cup. 10.00 Poker 12.00 F3 Euroseries 1.00 Bowls 3.00 Close

Sky Sports 3

8.00 Poker 9.00 Premier League Years 11.00 Aerobics Oz Style 11.30 Racing News 12.00 Show Jumping 1.00 Poker 2.00 Ocean Adventures 2.30 Wild Spirits 3.00 Bowls 5.00 WWE: Smackdown 7.00 Asian Tour Weekly 8.00 European Challenge Tour Golf 9.00 F3 Euroseries 10.00 Sports Unlimited 11.00 European Challenge Tour Golf 12.00 Challenge Series Golf 12.30 Asian Tour Weekly 1.30 European Challenge Tour Golf 2.30 Close

British Eurosport

7.30 Mountain Biking 8.00 Beach Soccer 9.00 Under-19s European Championship Football 10.30 Swimming 12.30 Mountain Biking 1.00 Swimming 2.00 MotoGP 3.00 GP2 Series 4.00 Cycling 4.30 Cycling 5.15 Cycling 6.15 Eurogoals Flash 6.25 Strongest Man 7.30 Boxing 9.30 Rallying 10.00 World Rally Championship 11.00 World Series by Renault 11.30 Cycling 12.30 Motorsports Weekend 12.45 Close

Sky Sports Xtra

1.00 Golf 2.00 Pool 3.30 Where Are They Now? 4.00 Ocean Adventures 4.30 Aerobics Oz Style 5.00 Premier League Years 7.00 Pool 8.00 Pool 9.30 Football Asia 10.00 Pool 11.00 Ocean Adventures 11.30 Mountain Bike World 12.00 Premier League Years 2.00 Pool 3.30 Ocean Adventures 4.00 Mountain Bike World 4.30 Close

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BBC1

6.00 Breakfast. (T) 9.15 Heir Hunters. (R) (T) 10.00 Escape to the Country; (R) (T) BBC News; Weather. (T) 11.00 Homes Under the Hammer. (T) 11.30 Trash to Cash; (T) BBC News; Weather. (T) 12.15 Cash in the Attic. (R) (T) 1.00 BBC News; Weather. (T) 1.30 Regional News; Weather. (T) 1.45 Doctors. (T) 2.15 Murder, She Wrote. (R) (T) 3.00 BBC News; Weather; Regional News. (T) 3.05 CBeebies: Mister Maker. (R) (T) 3.25 CBBC: Bear Behaving Badly. (R) (T) 3.50 League of Super Evil. (R) (T) 4.00 Thumb Wrestling Federation: TWF. (R) (T) 4.05 Best of Friends. (R) (T) 4.35 Animals at Work. (R) (T) 5.00 Newsround. (T)

5.15 Weakest Link. Anne Robinson piles on the pressure in another round of the general knowledge contest, where teamwork goes hand in hand with greed. (R) (T)
6.00 BBC News; Weather. (T)
6.30 Regional News Programmes; Weather. (T)
7.00 The One Show. Topical magazine show, presented by Adrian Chiles and Christine Bleakley. (T)
7.30 Wildest Dreams. The remaining wildlife enthusiasts are split into pairs to capture the bald ibis on film, using their newly acquired rope skills to abseil down a ravine and place cameras on ledges. Nick Knowles and James Honeyborne then challenge them to track down 10 specially selected birds, including clay-eating parrots and rare wattled cranes, before the weakest two teams are sent to film vultures at the top of South Africa's Drakensberg Mountains; (T) BBC News; Regional News. (T)
8.30 Seaside Rescue. The crew of Navy Rescue helicopter 193 helps two teenagers who have become trapped at the bottom of cliffs, and a small fishing boat catches fire. (T)
9.00 Who Do You Think You Are? Comedian David Mitchell travels to his ancestors' former home in Sutherland, hoping to learn why his Scottish forebears abandoned generations of farming in 1933, before delving further back in time to investigate his family's possible role in the notorious Highland Clearances. Later, his delight at finding a heroic Church of Scotland minister in his past is tempered by his reading of the man's will. (T)
10.00 BBC News. (T)
10.25 Regional News; Weather. (T)
10.35 The National Lottery Draws. The balls are set rolling and the results of the Thunderball, Dream Number and Lotto draws are revealed. (T)
10.45 Silverville. A man who suffered a severe stroke moves into the Lovat Fields community when his wife can no longer provide care for him, and a 90-year-old man proposes to a woman of 79. (T)
11.15 FILM: The Drowning Pool (1975). Thriller, starring Paul Newman; (T) National Lottery Update and Weatherview. (T)
1.10 Sign Zone: On Thin Ice. (R) (T) 2.10 Sign Zone: Rick Stein's Far Eastern Odyssey. (R) (T) 3.10 Sign Zone: Heir Hunters. (R) (T) 3.55 BBC News. (T)

Pick of the Day

Location, Location, Location (C4, 8pm)
The property market has been uncertain for over a year and, with the country stuck in a recession, there has never been a more important time for some no-nonsense practical advice to help buyers make the right decisions. In this first episode of a new series, Phil Spencer and Kirstie Allsopp are house hunting for two young couples who have fallen for Hertfordshire's assorted charms. Martine Wright and Nick Wiltshire met six years ago and are about to get married. However, for Martine, walking up the aisle will be special in more ways than one. On July 7, 2005, Martine's life was changed forever when she stepped onto the London Underground and found herself in a carriage three feet away from one of the London bombers. The world was shocked as 52 people died in the explosion, with many others, including Martine, maimed. She lost both legs above the knee and spent a tough year learning to walk again. Now these nearlyweds are finally able to look to the future and need a home where they can settle down and raise their family. Phil and Kirstie also meet Dina Mistry and Pradeep Patel, who are also making up for lost time. They have been trying to escape their cramped Finchley flat for almost a year. Determined Dina won't settle for less than a dream family home which will impress their friends, but Pradeep knows that those dream homes come with a matching price tag. They have viewed nearly 50 properties, but are no closer to finding the jewel in Dina's property crown.

ITV1

5.30 ITV Morning News. (T) 6.00 GMTV. (T) 9.25 The Jeremy Kyle Show. (R) (T) 10.30 No Place Like Home? (T) 11.25 ITV News Headlines; Weather. (T) 11.30 60 Minute Makeover. (R) (T) 12.30 Loose Women. (T) 1.30 ITV Lunchtime News. (T) 1.55 London News and Weather. (T) 2.00 Dickinson's Real Deal. (R) (T) 3.00 Daily Cooks Challenge. (T) 3.59 London Weather. (T) 4.00 Heartbeat. (R) (T)

5.00 Golden Balls. Jasper Carrott hosts the show in which four contestants enter a game of truth and bluff to find life-changing amounts of cash hidden inside a set of golden balls. (T)
6.00 London Tonight; Weather. (T)
6.30 ITV Evening News; Weather. (T)
7.00 Emmerdale. Lexi assures Carl he is more important to her than having a baby and persuades him to give their marriage a second chance. Val feels dejected when Pollard tells her he does not need her help and begins apologising to everyone she has ever offended. Brenda confesses her financial woes to Bob, and Ryan takes a shine to Katie. (T)
7.30 Grimefighters. Police help a council worker evict squatters in Leicester and deal with the drug paraphernalia left behind, while a Wolverhampton litter-picker also encounters a drug den. A pair of London sewer flushers reveal the unpleasant working conditions beneath the city's streets and, in Newcastle, two cleaners rid the River Tyne of large floating objects. Narrated by John Sergeant. (T)
8.00 Midsomer Murders. A masterpiece by landscape artist Henry Hogson causes a stir when it is auctioned for #400,000 after a fierce bidding war - and just hours later, its former owner is tortured and killed. When a Hogson work is then stolen, Barnaby decides to become an expert on the Midsomer painter with the help of art teacher Matilda Simms. He soon uncovers evidence of forgery - but the killer is still at large. Guest starring David Bamber and Susannah Harker, with John Nettles and Jason Hughes. (T)
10.00 News at Ten and Weather. (T)
10.30 London News and Weather. (T)
10.35 Total Emergency. The work of Sheffield's three emergency services comes under the spotlight once again, as police embark on an off-road chase to halt a stolen car towing a caravan. An ambulance crew treats a butcher whose hand was caught in a mincer and firefighters help paramedics move a man who has suffered a heart attack. Melissa Berry narrates. (R) (T)
11.35 Nightwatch with Steve Scott: Action Stations. The work of fighter pilots and ground troops in Afghanistan. (T)
12.30 Nightwatch with Steve Scott: Emergency; (R) (T) ITV News Headlines. 1.20 Loose Women. (R) 2.10 The Jeremy Kyle Show. (R) (T) 3.05 ITV Nightscreen.

BBC2

6.00 CBeebies: Tikkabilla. (R) (T) 6.30 Teletubbies. (R) (T) 7.00 Lunar Jim. (R) (T) 7.10 Kerwhizz. (R) (T) 7.35 LazyTown. (R) (T) 8.00 CBBC: Who Wants to Be a Superhero? (R) (T) 9.00 Wolverine and the X-Men. (R) (T) 9.20 Krypto the Superdog. (R) (T) 9.30 Ed and Oucho's Excellent Inventions. (R) (T) 10.00 The Story of Tracy Beaker. (R) (T) 10.30 Deadly 60. (R) (T) 11.00 The Flintstones. (R) (T) 11.25 The Flintstones. (R) (T) 11.50 FILM: Russkies (1987). Comedy drama, starring Joaquin Phoenix. (T) 1.20 Lifeline. (R) (T) 1.30 Animal Park. (R) (T) 2.15 Sun, Sea and Bargain Spotting. (R) (T) 3.00 Monk. (R) (T) 3.45 Flog It! (R) (T) 4.30 Put Your Money Where Your Mouth Is. (T) 5.15 Cash in the Celebrity Attic. (R) (T) 6.00 Eggheads. (T) 6.30 Knowitalls. (T) 7.00 The Culture Show. The premiere of Pedro Almodovar's new film Broken Embraces. (T) 7.50 Terns of the Castle Coast. The migratory cycle of the Arctic tern. (R) (T) 8.00 Economy Gastronomy. New series. How to slash food bills but still eat well. (T) 9.00 Dragons' Den. Business ideas include a fleet of hot and cold food vans. (T) 10.00 Taking the Flak. The team makes a trip to a school in the Bush but gets caught in the crossfire between government and rebel forces, while Harry and Grace's driving lesson ends badly. (T) 10.30 Newsnight; (T) Weather. (T) 11.20 The Wire. (T) 12.20 The Supersizers Eat. (R) (T) 1.20 BBC News. (T) 3.55 Close.

C4

6.05 Sali Mali. (T) 6.10 The Hoobs. (R) (T) 6.35 The Hoobs. (R) (T) 7.00 Everybody Loves Raymond. (R) (T) 7.25 Big Brother's Little Brother. (T) 7.50 Big Brother. (R) (T) 8.55 Friends. (R) (T) 9.25 Friends. (R) (T) 9.55 The OC. (R) (T) 10.55 Rockcorps 2009 Live from Manchester. (R) (T) 11.45 The Saturdays' Postcard from T4 on the Beach. (T) 12.00 News at Noon. (T) 12.30 A Place by the Sea. (R) (T) 1.35 FILM: Death Drums Along the River (1963). Murder mystery, starring Richard Todd. 3.10 Come Dine with Me Extra Portions. (T) 3.40 Come Dine with Me Extra Portions. (T) 4.10 Deal or No Deal: Noel's Hall of Fame. (R) (T) 5.00 Come Dine with Me Extra Portions. (T) 5.30 Come Dine with Me Extra Portions. (T) 6.00 The Simpsons. (R) (T) 6.30 Hollyoaks. (T) 7.00 Channel 4 News. (T) 7.55 3 Minute Wonder: The Estate. How the demolition plans affect a shop in the area. (T) **8.00 Location, Location, Location.** New series. Two couples look for their dream properties. (T) 9.00 Big Brother. The latest action from the house, including the announcement of who is up for eviction this week. (T) 10.00 Ugly Betty. A newly homeless Amanda moves in with Betty, who is making every effort to get the attention of her musician neighbour Jesse. Guest starring Val Emmich and David Blue. (T) 11.00 Skins. (T) 12.05 Teachers. (R) (T) 1.10 Big Brother Live. 4.00 Supporting Acts. (R) (T) 4.10 FILM: Widow on the Hill (2005). Drama, starring James Brolin. (T) 5.40 The Hoobs. (R) (T)

(R) - repeat programme;
(T) - programme with teletext subtitles;
(S) - programme broadcast in stereo;
(bw) - black and white.

FIVE

6.00 Milkshake!: Elmo's World. (R) (T) 6.15 Pocoyo. (R) (T) 6.20 Fireman Sam. (R) (T) 6.35 The Beeps. (R) (T) 6.45 Roobarb and Custard Too. (R) (T) 6.55 Peppa Pig. (R) (T) 7.00 The WotWots. (R) (T) 7.10 Chiro. (R) (T) 7.15 Milkshake Monkey. (T) 7.20 Bert and Ernie's Great Adventures. (R) (T) 7.25 Milkshake! Bop Box. (T) 7.30 Roary the Racing Car. (T) 7.40 Ebb and Flo. (R) (T) 7.45 Noddy in Toyland. (R) (T) 8.00 Fifi and the Flowertots. (R) (T) 8.15 Peppa Pig. (R) (T) 8.20 Peppa Pig. (R) (T) 8.25 Thomas & Friends. (R) (T) 8.35 Little Princess. (R) (T) 8.45 The Adventures of Bottle Top Bill and His Best Friend Corky. (R) (T) 9.00 The Mr Men Show. (R) (T) 9.15 Hana's Helpline. (R) (T) 9.25 Funky Valley. (R) (T) 9.35 Olivia. (R) (T) 9.45 Michaela's Animal Road Trip. (R) (T) 10.45 Trisha Goddard. (R) (T) 11.45 House. (R) (T) 12.40 Five News. (T) 12.50 Medical Investigation. (R) (T) 1.45 Neighbours. (T) 2.15 Zoo Days. (R) (T) 2.50 The Property List. (R) (T) 3.05 FILM: Columbo: It's All in the Game (1993). Detective drama, starring Peter Falk and Faye Dunaway. (T) 5.00 Five News with Natasha Kaplinsky; Weather. (T) 5.30 Neighbours. (R) (T) 6.00 Michaela's Animal Road Trip. (T) 7.00 Five News at 7. (T) 7.30 Mean Machines. The evolution and development of submarines, from the models that saw service in World War Two to the latest billion-pound, nuclear-powered vessels; (R) (T) 7.30 Five News Update. (T) 8.00 Megastructures: Miami Demolition. The Sheraton Bal Harbour hotel in Miami Beach; (T) 8.00 Five News at 9. 9.00 FILM: Until Death (2007). Premiere. A cop embarks on a mission to track down the drug lord who kidnapped his wife. Action thriller, with Jean-Claude Van Damme and Selina Giles. Includes Five News Update. (T) 11.10 CCTV Cities. (R) (T) 12.10 Poker. 1.45 Cricket on Five. (R) 4.20 Ironman Triathlon. 5.10 Neighbours. (R) (T) 5.35 Great Artists. (R) (T)

LOCAL

RTP1
0630 Bom Dia Portugal 1000 Verão Total 1300 News 1415 Chamas da Vida 1500 Sangue do Meu Sangue 1530 Verão Total 1800 Portugal em Directo 1905 Preço Certo 2000 News 2100 Jogo Duplo 2200 Conta-me Como Foi 2300 A Minha Família 0000 Liberdade 21 0100 Californication, series 0200 Amor e Intrigas 0330 Telesales 0530 Euronews 0605 Nós
RTP2
0715 Zig Zag 1400 Supernatural, series 1530 National Geographic 1630 Zig Zag 1830 Fé dos Homens 1900 A Minha Sogra É Uma Bruxa 1930 Zig Zag 2045 Samantha Who?, series 2115 National Geographic 2200 News 2240 Dexter, series 2330 30 Rock, series 0000 5 Para a Meia-Noite 0100 The Story of India, documentary 0200 Bastidores 0230 Euronews
SIC
0600 Sic Notícias 0700 Sic Kids 0815 A Minha Família é uma Animação 0900 Tween Box 1000 O Mundo de Patty 1100 Sic ao Vivo 1300 News 1415 Mulheres Apaixonadas 1530 Sic ao Vivo 1700 Mar Azul 1800 Três Irmãs 1900 Tá a Gravar 2000 News 2130 Salve-se Quem Puder 2230 Cenas do Casamento 2315 Caminho das Índias 0030 CSI: Miami, series 0130 Desperate Housewives, series 0230 Quando o Telefone Toca
TVI
0700 Diário da Manha 1015 Você na TV! 1300 News 1400 As Tardes da Júlia 1700 Quem quer Ganha 1815 Morangos com Açúcar 2000 News 2130 Deixa Que Te Leve 2230 Sentimentos 2330 Flor do Mar 0015 House MD, series 0115 Angela's Eyes, series 0230 Sempre a Somar 0430 Law & Order: Special Victims Unit, series 0530 Telesales

Best of the Rest

BBC3
7.00 Doctor Who 7.45 Film: Cast Away 12 (2000) 10.00 Family Guy 10.25 Family Guy 10.45 Little Britain 11.15 We Are Klang 11.45 Underage and Pregnant 12.15 Young, Dumb and Living Off Mum 1.15 Pregnancy - My Big Decision 2.15 Underage and Pregnant 2.45 Sixteen: Too Young to Vote? 3.40 We Are Klang 4.10 Young, Dumb and Living Off Mum 5.10 Close
BBC4
7.00 World News Today 7.00 Weather 7.30 Chelsea Pensioners: Once a Soldier 8.00 Casualty 1907 9.00 Spanish Flu: The Forgotten Fallen 10.00 In Search of Spanish Flu 10.30 Happy Birthday OU: 40 Years of the Open University 11.30 Timeshift: Carry on Campus 12.30 Spanish Flu: The Forgotten Fallen 1.30 Happy Birthday OU: 40 Years of the Open University 2.30 Timeshift: Carry on Campus 3.30 Chelsea Pensioners: Once a Soldier 4.00 Close
ITV2
1.00 Airline USA 1.30 The Jeremy Kyle Show 2.35 The Jeremy Kyle Show 3.45 Ricki Lake 4.30 Ricki Lake 5.15 Sally Jessy Raphael 6.00 Judge Judy 7.00 Gossip Girl 8.00 Animals Do the Funniest Things 9.00 Film: Terminator 2: Judgment Day 15 (1991) 11.50 Film: I Know Who Killed Me 18 (2007) 1.55 Katy Brand's Big Ass Show 2.20 Emmerdale 2.45 Entourage 3.10 Teleshopping 5.40 ITV2 Nightscreen

Sky1
1.00 Don't Forget the Lyrics 2.00 A Town Called Eureka 3.00 The Real A&E 4.00 Malcolm in the Middle 4.30 Malcolm in the Middle 5.00 Oops TV 5.30 Oops TV 6.00 Futurama 6.30 Futurama 7.00 The Simpsons 7.30 The Simpsons 8.00 The Simpsons 8.30 The Simpsons 9.00 Film: Dante's Peak 12 (1997) 11.05 Premiership's 50 Greatest Goals 12.05 Road Wars 1.05 Road Wars 1.55 Ross Kemp on Gangs 2.45 Is Harry on the Boat? 3.40 Nothing But the Truth 4.35 Bite Size Brainiac 4.45 Road Wars 5.10 Brainiac: Science Abuse
GOLD
1.00 dinnerladies 1.40 Whatever Happened to the Likely Lads? 2.20 Yes, Prime Minister 3.00 Last of the Summer Wine 3.40 The Brittas Empire 4.20 My Family Christmas Special 5.00 As Time Goes By 5.40 One Foot in the Grave 6.20 dinnerladies 7.00 Whatever Happened to the Likely Lads? 7.40 Yes, Prime Minister 8.20 Last of the Summer Wine 9.00 Fawlty Towers 9.45 Little Britain USA 10.20 Blackadder II 11.00 Only Fools and Horses 12.40 Hippies 1.20 The New Statesman 1.55 The New Statesman 2.30 Hippies 3.00 Close
TCM
1.00 The Charge at Feather River PG (1953) 3.00 Mogambo PG (1953) 5.15 A Night at the Opera U (1935) 7.05 The Helicopter Spies PG (1967) 9.00 City of Angels PG (1998) 11.15 Coma 15 (1978) 1.30 City of Angels PG (1998) 3.35 Bonnie Scotland U (1935) 5.00 The Charge at Feather River PG (1953)
The Disney Channel
Kids' programmes from 7am, except: 9.00 Film: Princess Protection Program PG (2009) Family comedy, starring Selena Gomez.

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MOVIES

Sky Movies Drama

7.10 The Trench 15 (1999) 9.00 Amazing Grace PG (2006) 11.00 Beaches 15 (1988) With Bette Midler. 1.10 The Top 10 Show 1.30 Jack PG (1996) With Robin Williams. 3.30 Instinct 15 (1999) With Anthony Hopkins. 5.40 35MM 6.10 December Boys 12 (2007) With Daniel Radcliffe. 8.00 Brubaker 15 (1980) With Robert Redford. 10.15 Elizabeth: The Golden Age 12 (2007) With Cate Blanchett. 12.15 Eyes Wide Shut 18 (1999) With Tom Cruise. 3.00 Gridlock'd 18 (1997) With Tupac Shakur. 4.45 The Valley of Light PG (2007)

Sky Movies Comedy

6.20 To Be or Not To Be PG (1983) 8.10 The Top 10 Show 8.30 Leatherheads PG (2008) 10.30 Mamma Mia! PG (2008) 12.30 Mr Woodcock 12 (2007) With Billy Bob Thornton. 2.00 Welcome Home Roscoe Jenkins 12 (2008) With Martin Lawrence. 4.00 Tin Men 15 (1987) With Richard Dreyfuss. 6.00 Leatherheads PG (2008) With George Clooney. 8.00 Mamma Mia! PG (2008) With Meryl Streep. 10.00 Mr Woodcock 12 (2007) With Billy Bob Thornton. 11.30 Welcome Home Roscoe Jenkins 12 (2008) With Martin Lawrence. 1.25 Midnight Run 18 (1988) With Robert De Niro. 3.35 Tin Men 15 (1987) 5.30 To Be or Not To Be PG (1983)

Sky Movies Action/Thriller

6.00 Rush Hour 3 12 (2007) 7.45 Mr Nice Guy 15 (1997) 9.30 Jaws 2 PG (1978) 11.40 Jaws: The Revenge 12 (1987) With Michael Caine. 1.25 The Bank Job 15 (2008) With Jason Statham. 3.30 Rush Hour 3 12 (2007) With Jackie Chan. 5.15 Jaws: The Revenge 12 (1987) With Michael Caine. 7.05 White Sands 15 (1992) With Willem Dafoe. 9.00 The Bank Job 15 (2008) With Jason Statham. 10.55 Eastern Promises 18 (2007) With Viggo Mortensen. 12.40 The Krays 18 (1990) With Gary Kemp. 2.45 Nighthawks 18 (1981) With Sylvester Stallone. 4.30 Jaws 2 PG (1978)

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SPORT

Sky Sports 1

6.00 Good Morning Sports Fans 9.00 Football Asia 9.30 Challenge Series Golf 10.00 Poker 12.00 European Challenge Tour Golf 1.00 Challenge Series Golf 1.30 Football Asia 2.00 Poker 4.00 Football Asia 4.30 Live Pro40 Cricket. Hampshire Hawks v Yorkshire Carnegie. 10.00 Time of Our Lives 11.00 FIFA Futbol Mundial 11.30 European Tour Weekly 12.00 Soccer AM: The Best Bits 1.00 Poker 3.00 FIFA Futbol Mundial 3.30 European Tour Weekly 4.00 Soccer AM: The Best Bits 5.00 FIFA Futbol Mundial 5.30 European Tour Weekly

Sky Sports 2

6.00 Aerobics Oz Style 6.30 Ocean Adventures 7.00 WWE Vintage Collection 8.00 Pool 9.00 Ocean Adventures 9.30 Mountain Bike World 10.00 European Challenge Tour Golf 11.00 F3 Euroseries 12.00 Pool 1.00 Premier League Years 3.00 European Challenge Tour Golf 4.00 F3 Euroseries 5.00 NFL: Total Access 6.00 Boots 'n' All 7.00 FIFA Futbol Mundial 7.30 Total Rugby 8.00 Boots 'n' All 9.00 Best of British Motorsport 10.00 Boots 'n' All 11.00 NFL: Total Access 12.00 DTM Motor Racing 1.00 Asian Tour Golf 2.00 Boots 'n' All 3.00 NFL: Total Access 4.00 Close

Sky Sports 3

7.00 European Challenge Tour Golf 8.00 F3 Euroseries 9.00 Premier League Years 11.00 Aerobics Oz Style 11.30 Racing News 12.00 Sports Unlimited 1.00 F3 Euroseries 2.00 Ocean Adventures 2.30 Sports Unlimited 3.30 Pool 4.30 WWE: Bottom Line 5.30 WWE: Afterburn 6.30 European Tour Weekly 7.00 Asian Tour Golf 8.00 DTM Motor Racing 9.00 European Tour Weekly 9.30 FIFA Futbol Mundial 10.00 Transworld Sport 11.00 Show Jumping 12.00 Show Jumping 1.00 Best of British Motorsport 2.00 Max Power 3.00 Transworld Sport 4.00 Asian Tour Golf 5.00 Close

British Eurosport

7.30 Powerboating 8.00 World Rally Championship 9.00 World Series by Renault 9.30 GP2 Series 10.30 Under-19s European Championship Football 12.00 Swimming 2.00 Cycling 3.00 Cycling 3.30 Strongest Man 4.30 Olympic Magazine 5.00 Eurogoals Flash 5.25 Wednesday Selection 5.30 Show Jumping 6.25 Polo 6.55 Riders Club 7.00 US Tour Golf 8.00 European Tour Golf 8.30 Ladies European Tour Golf 9.30 Golf Club 9.35 Sailing 10.05 Sailing 10.35 Yacht Club 10.55 Cycling 11.30 Show Jumping 12.30 Close

Sky Sports Xtra

2.00 Pool 3.30 Ocean Adventures 4.00 Premier League Years 6.00 Show Jumping 7.00 Show Jumping 8.00 Pool 9.30 Total Rugby 10.00 Watersports World 11.00 Ten Pin Bowling 12.00 Premier League Years 2.00 Pool 3.30 Ocean Adventures 4.00 Show Jumping 5.00 Show Jumping

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BBC1

6.00 Breakfast. (T) 9.15 Heir Hunters. (R) (T) 10.00 Escape to the Country; (R) (T) BBC News; Weather. (T) 11.00 Homes Under the Hammer. (T) 11.30 Trash to Cash; (T) BBC News; Weather. (T) 12.15 Cash in the Attic. (R) (T) 1.00 BBC News; Weather. (T) 1.30 Regional News; Weather. (T) 1.45 Doctors. (T) 2.15 Murder, She Wrote. (R) (T) 3.00 BBC News; Weather; Regional News. (T) 3.05 CBeebies: Mister Maker. (R) (T) 3.25 CBBC: Bear Behaving Badly. (R) (T) 3.50 League of Super Evil. (R) (T) 4.00 Thumb Wrestling Federation: TWF. (R) (T) 4.05 Sam & Mark's Guide to Dodging Disaster. (R) (T) 4.35 SMart. (T) 5.00 Newsround. (T)

5.15 Weakest Link. Members of the public answer general knowledge questions against the clock, hoping to build a stack of cash and avoid being voted off the team. Anne Robinson presents. (R) (T)
6.00 BBC News; Weather. (T)
6.30 Regional News Programmes; Weather. (T)
7.00 The One Show. Adrian Chiles and Christine Bleakley present the live show, with their team of roving reporters uncovering topical stories across the UK. (T)
7.30 EastEnders. Ronnie throws a last-minute party at the Vic to keep people away from Archie's housewarming - but Janine has a nasty surprise in store for her. Libby tells Liz she does not want to see her any more, Lauren suspects Max is having an affair, and Roxy realises her father is up to his old tricks; (T) BBC News; Regional News. (T)
8.00 As Seen on TV. Sally Lindsay, Jo Joyner, Marshall Lancaster and Danny Wallace join Steve Jones, Fern Britton and Jason Manford to test their knowledge of small-screen trivia. (T)
8.30 The Rat Pack. London-based pest controllers Ricky and Jimmy Clark get help from their rat-catching Jack Russell terrier to hunt down a giant rodent in a sofa bed. Ricky visits the countryside to deal with some rabbits, and Jimmy is called to a wasp infestation - but is worried that it actually involves bees. (T)
9.00 New Tricks. When clips of an actor being assaulted in a 1990 movie are posted on the internet, the squad reopens the investigation into her disappearance and the murder of the film's producer. Director Don Maddox features in the footage, but when questioned, he appears to have problems distinguishing fact from fiction. A potential witness is then found dead, and Brian and Jack are seconded to the unit handling the case, only to find Emily Driscoll (Dennis Waterman's daughter Hannah) is heading the operation. Imogen Stubbs and Sandra Dickinson also guest star. (T)
10.00 BBC News. (T)
10.25 Regional News; Weather. (T)
10.35 FILM: Proof of Life (2000). Action drama, starring Russell Crowe and Meg Ryan; (T) Holiday Weather. (T)
12.50 Sign Zone: Panorama. (R) (T) 1.20 Sign Zone: Countryfile. (R) (T) 2.15 Sign Zone: Heir Hunters. (R) (T) 3.00 BBC News. (T)

Pick of the Day

New Tricks (BBC1, 9pm)
The UCOS team may be mostly made up of grumpy old men, but any police officers watching will probably conclude that they don't actually have much to complain about. Not only do the veteran detectives get to pick and choose their cases and break all kinds of rules, they also appear to be able to take time off to sort out their personal problems whenever it suits them. So, two of the team could be in for a bit of a rude awakening as they get a taste of what life is like for normal coppers. The case begins when some disturbingly realistic clips of actress Eva Roderick being assaulted in the 1990 film Shadow Show are posted on the Internet, leading UCOS to re-open the investigation into the murder of the movie's producer Max Stone, and the star's subsequent disappearance. Their first port of call is director Don Maddox, who has a reputation for bullying his leading ladies, but the case takes an unexpected twist when a potential witness is found dead. Halford and Lane are seconded to the murder investigation team handling the new case, and soon discover the modern police force is every bit as bad as their dealings with Strickland had led them to believe — will the presence of Gerry's 'daughter' Emily Driscoll make the process any easier? Hannah Waterman, Imogen Stubbs, Stanley Townsend and Sandra Dickinson join the regulars.

ITV1

5.30 ITV Morning News. (T) 6.00 GMTV. (T) 9.25 The Jeremy Kyle Show. (R) (T) 10.30 No Place Like Home? (T) 11.25 ITV News Headlines; Weather. (T) 11.30 60 Minute Makeover. (R) (T) 12.30 Loose Women. (T) 1.30 ITV Lunchtime News. (T) 1.55 London News and Weather. (T) 2.00 Dickinson's Real Deal. (R) (T) 3.00 Daily Cooks Challenge. (T) 3.59 London Weather. (T) 4.00 Heartbeat. (R) (T)
5.00 Golden Balls. Game show, hosted by Jasper Carrott. (T)
6.00 London Tonight; Weather. (T)
6.30 ITV Evening News; Weather. (T)
7.00 Emmerdale. Brenda is shocked to learn Terry knows about her bankruptcy, Nicola goes into labour while locked up alone in the Home Farm shop, and Val tries to win back Pollard. (T)
7.30 Countrywise. Paul Heiney visits the Suffolk village of Walberswick, where he witnesses the staging of the annual British Open Crabbing Championship. (T)
8.00 Emmerdale. Lexi feels excluded when Nicola gives birth, Terry reassures Brenda they will sort out their money worries together, and Mark confronts Faye about Ryan and Nathan's friendship. (T)
8.30 Coronation Street. Joe becomes desperate after he is sacked, prompting a more serious theft from Gail's bag. Kevin demands the truth about who stole Rosie's car, and Jesse causes confusion. (T)
9.00 The Bill. Stevie questions a man arrested for launching an unprovoked attack on a fellow drinker in a pub and becomes emotionally involved when she discovers the suspect is deeply depressed after losing his job and learning his wife has been having an affair with her boss. Newly promoted Inspector Smith urges caution, but Stevie puts herself in danger after the downtrodden husband sets out for revenge - carrying a gun. Danielle Brent guest stars. (T)
10.00 News at Ten and Weather. (T)
10.30 London News and Weather. (T)
10.35 The Tesco Bomber: Real Crime. In the autumn of 2000, the biggest manhunt in Dorset Police's history was launched for the person behind a letter-bomb campaign against customers of Britain's biggest retailer. The bomber's plan was to extort millions of pounds from the supermarket chain through the use of blackmail and terror. The events of this crime are re-created through the use of police and witness testimony and dramatic reconstruction. Presented by Mark Austin. (T)
11.35 Surface. Rich is plagued by his late brother's voice, which seems to be calling him. Cirko and Lee discover evidence on the ocean bed that could link the monsters to global warming. (T)
12.30 Motorsport UK. (T) 1.15 Nightwatch with Steve Scott: Mystery. (R) (T) 2.10 Supernatural; (R) (T) ITV News Headlines. 2.55 Loose Women. (R) 3.45 ITV Nightscreen.

BBC2

6.00 CBeebies: Tikkabilla. (R) (T) 6.30 Teletubbies. (R) (T) 7.00 Lunar Jim. (R) (T) 7.10 Kerwhizz. (R) (T) 7.35 LazyTown. (R) (T) 8.00 CBBC: Who Wants to Be a Superhero? (R) (T) 9.00 Wolverine and the X-Men. (R) (T) 9.20 Krypto the Superdog. (R) (T) 9.30 Ed and Oucho's Excellent Inventions. (R) (T) 10.00 The Story of Tracy Beaker. (R) (T) 10.30 Deadly 60. (R) (T) 11.00 The Flintstones. (R) (T) 11.25 The Flintstones. (R) (T) 11.50 FILM: Teacher's Pet (2004). Animated adventure, with the voice of Nathan Lane. (T) 1.00 Open Gardens. (R) (T) 1.30 Animal Park. (R) (T) 2.15 Sun, Sea and Bargain Spotting. (R) (T) 3.00 Monk. (R) (T) 3.45 Flog It! (R) (T) 4.30 Put Your Money Where Your Mouth Is. (R) (T) 5.15 Cash in the Celebrity Attic. (R) (T) 6.00 Eggheads. (T) 6.30 Knowitalls. (T) 7.00 Coast. The team travels from Cork to Dublin. Neil Oliver explores the last port visited by the ill-fated Titanic and Dick Strawbridge takes a perilous railway ride in Co Wicklow. (R) (T) 8.00 Rick Stein's Far Eastern Odyssey. The multicultural cuisine of Penang, Malaysia. (T) 9.00 Mock the Week. With Mark Watson and Zoe Lyons. (T) 9.30 The Funny Side Of TV Talent. New series. Clive Anderson presents a guide to the history of TV talent shows. (T) 10.30 Newsnight; Weather. (T) 11.20 The Great British Wedding. (T) 12.20 Wine. (T) 1.20 BBC News. (T) 3.00 Close.

C4

6.05 The Hoobs. (R) (T) 6.30 Yo Gabba Gabba. (R) (T) 7.00 Everybody Loves Raymond. (R) (T) 7.30 Big Brother's Little Brother. (T) 8.00 Big Brother. (R) (T) 9.00 Friends. (R) (T) 9.30 Friends. (R) (T) 10.00 The OC. (R) (T) 10.55 T4 on the Beach: Buried Treasures. (R) (T) 11.45 N-Dubz's Postcard from T4 on the Beach. (T) 12.00 News at Noon. (T) 12.30 A Place by the Sea. (R) (T) 1.25 FILM: Blanche Fury (1948). Melodrama, starring Valerie Hobson. (T) 3.10 Come Dine with Me Extra Portions. (T) 3.40 Come Dine with Me Extra Portions. (T) 4.10 Deal or No Deal: Noel's Hall of Fame. (R) (T) 5.00 Come Dine with Me Extra Portions. (T) 5.30 Come Dine with Me Extra Portions. (T) 6.00 The Simpsons. (R) (T) 6.30 Hollyoaks. (T) 7.00 Channel 4 News. (T) 7.55 3 Minute Wonder: The Estate. The tower blocks are demolished. Last in the series. (T) 8.00 The Home Show. Revisiting a cramped terrace that was transformed into a spacious property. Last in the series. (T) 9.00 How the Other Half Live. The parents of two children living in a wealthy community help them to understand what life can be like growing up in poverty by helping a family living in a deprived neighbourhood. (T) 10.00 Big Brother. The past 24 hours in the house. (T) 11.10 TNT Show. (T) 11.45 You Have Been Watching. (R) (T) 12.35 4Music: 4Play: Speech Debelle. (T) 12.50 Big Brother Live. 4.00 The Big Monster Dig. (R) (T) 5.00 Scrapheap Challenge. (R) (T)

FIVE

6.00 Milkshake!: Elmo's World. (R) (T) 6.15 Pocoyo. (R) (T) 6.20 Fireman Sam. (R) (T) 6.35 The Beeps. (R) (T) 6.45 Roobarb and Custard Too. (R) (T) 6.55 Peppa Pig. (R) (T) 7.00 The WotWots. (R) (T) 7.15 Milkshake Monkey. (T) 7.20 Bert and Ernie's Great Adventures. (R) (T) 7.25 Milkshake! Bop Box. (T) 7.30 Roary the Racing Car. (R) (T) 7.45 Noddy in Toyland. (R) (T) 8.00 Fifi and the Flowertots. (R) (T) 8.15 Peppa Pig. (R) (T) 8.25 Thomas & Friends. (R) (T) 8.40 Little Princess. (R) (T) 8.50 The Adventures of Bottle Top Bill and His Best Friend Corky. (R) (T) 9.05 The Mr Men Show. (R) (T) 9.15 Hana's Helpline. (R) (T) 9.25 Funky Valley. (R) (T) 9.35 Olivia. (R) (T) 9.45 Michaela's Animal Road Trip. (R) (T) 10.45 Trisha Goddard. (R) (T) 11.45 House. (R) (T) 12.40 Five News. (T) 12.50 Medical Investigation. (R) (T) 1.45 Neighbours. (T) 2.15 Zoo Days. (R) (T) 2.50 The Property List. (R) (T) 3.05 FILM: Separated By Murder (1994). Drama, starring Sharon Gless. (T) 5.00 Five News with Natasha Kaplinsky; Weather. (T) 5.30 Neighbours. (R) (T) 6.00 Michaela's Animal Road Trip. (T) 7.00 Five News at 7. (T) 7.30 Hero Animals. How dolphins protected a surfer after a great white shark attack; (R) (T) 7.30 Five News Update. (T) 8.00 Extreme Fishing with Robson Green. The actor goes angling around the world; (R) (T) 8.00 Five News at 9. 9.00 The Mentalist. A former mafioso is killed in a suspected mob hit. (T) 10.00 Law & Order: Special Victims Unit. A teenager's murder leads the team to a prominent doctor. (R) (T) 11.00 Law & Order: Criminal Intent. (R) (T) 12.00 Quiz Call. 4.00 NFL Classic. (R) 4.45 Wildlife SOS. (R) (T) 5.10 Neighbours. (R) (T) 5.35 Great Artists. (R) (T)

(R) - repeat programme; **(T)** - programme with teletext subtitles; **(S)** - programme broadcast in stereo; **(bw)** - black and white.

LOCAL

RTP1
0630 Bom Dia Portugal 1000 Verão Total 1300 News 1420 Chamas da Vida 1500 Sangue do Meu Sangue 1515 Verão Total 1800 Portugal em Directo 1905 Preço Certo 2000 News 2100 Grande Entrevista 2140 Jogo Duplo 2240 Conta-me Como Foi 2330 A Minha Familia 0030 Liberdade 21 0130 Californication, series 0200 Journeyman, series 0245 Amor e Intrigas 0415 Telesales 0605 Nós
RTP2
0715 Zig Zag 1400 Grey's Anatomy, series 1530 National Geographic 1630 Zig Zag 1830 A Fé dos Homens 1900 A Minha Sogra É Uma Bruxa 1945 Zig Zag 2045 Samantha Who?, series 2115 National Geographic 2200 News 2240 Supernatural, series 2330 30 Rock, series 0000 5 Para a Meia-Noite 0100 The Story of India, documentary 0200 Euronews
SIC
0600 Sic Notícias 0700 Sic Kids 0815 A Minha Família é uma Animação 0900 Tween Box 1000 O Mundo de Patty 1100 Sic ao Vivo 1300 News 1415 Mulheres Apaixonadas 1530 Sic ao Vivo 1700 Mar Azul 1800 Três Irmãs 1900 Tá a Gravar 2000 News 2130 Salve-se Quem Puder 2230 Cenas do Casamento 2315 Caminho das Índias 0030 CSI: Miami, series 0130 Cartaz Cultural 0215 Quando o Telefone Toca
TVI
0700 Diário da Manha 1015 Você na TV! 1300 News 1400 As Tardes da Júlia 1700 Quem quer Ganha 1815 Morangos com Açúcar 2000 News 2130 Deixa Que Te Leve 2230 Sentimentos 2330 Flor do Mar 0015 House MD, series 0115 The Office, series 0145 Cartaz das Artes 0215 Sempre a Somar 0400 The Office, series 0430 Law & Order: Special Victims Unit, series 0530 Telesales

Best of the Rest

BBC3
7.00 Doctor Who 7.45 Doctor Who Confidential 8.00 Snog, Marry, Avoid? 8.30 Snog, Marry, Avoid? 9.00 Binge Drinking - My Big Decision 10.00 EastEnders 10.30 We Are Klang 11.00 Family Guy 11.25 Family Guy 11.45 Binge Drinking - My Big Decision 12.45 Drinking with the Girls 1.40 Underage and Pregnant 2.10 We Are Klang 2.40 Snog, Marry, Avoid? 3.10 Snog, Marry, Avoid? 3.40 Drinking with the Girls 4.40 Doctor Who Confidential 4.50 Underage and Pregnant 5.25 Close
BBC4
7.00 World News Today 7.00 Weather 7.30 BBC Proms 2009 10.00 Wallander 11.25 Later with Jools Holland 12.30 The Guinea Pig Club 1.30 BBC Proms 2009 4.00 Close
ITV2
1.30 The Jeremy Kyle Show 2.35 The Jeremy Kyle Show 3.45 Ricki Lake 4.30 Ricki Lake 5.15 Sally Jessy Raphael 6.00 Judge Judy 7.00 Gossip Girl 8.00 America's Got Talent 10.00 America's Got Talent 10.30 Entourage 11.10 Coronation Street 11.40 Film: Mickey Blue Eyes 15 (1999) 1.45 America's Got Talent 3.20 America's Got Talent 3.45 Emmerdale 4.10 Emmerdale 4.35 Teleshopping 5.35 ITV2 Nightscreen

(R) - repeat programme; **(T)** - programme with teletext subtitles; **(S)** - programme broad cast in stereo; **(bw)** - black and white.

Sky1
1.00 Don't Forget the Lyrics 2.00 A Town Called Eureka 3.00 The Real A&E 4.00 Malcolm in the Middle 4.30 Malcolm in the Middle 5.00 Oops TV 5.30 Oops TV 6.00 Futurama 6.30 Futurama 7.00 The Simpsons 7.30 The Simpsons 8.00 Noel's Are You Smarter Than a 10 Year Old? 9.00 Bones 10.00 Lie to Me 11.00 Fringe 12.10 Fringe 1.20 Road Wars 2.15 Ross Kemp on Gangs 3.05 Is Harry on the Boat? 3.55 Nothing But the Truth 4.45 Road Wars 5.10 Brainiac: Science Abuse
GOLD
1.00 dinnerladies 1.40 Whatever Happened to the Likely Lads? 2.00 Yes, Prime Minister 3.00 Last of the Summer Wine 3.40 The Brittas Empire 4.20 My Family 5.00 As Time Goes By 5.40 One Foot in the Grave 6.20 dinnerladies 7.00 Whatever Happened to the Likely Lads? 7.40 Yes, Prime Minister 8.20 Last of the Summer Wine 9.00 Only Fools and Horses 10.35 Gimme Gimme Gimme 11.15 Gimme Gimme Gimme 11.55 Hippies 12.35 The New Statesman 1.10 Gimme Gimme Gimme 1.50 Gimme Gimme Gimme 2.20 Close Up 2.35 The New Statesman 3.00 Close
TCM
1.00 A Fine Madness PG (1966) 3.00 The Champ PG (1979) 5.20 On the Town U (1949) 7.15 Carson City U (1952) 9.00 Dolores Claiborne 18 (1995) 11.35 The First Deadly Sin 15 (1980) 1.40 The Screening Room 2.15 Dolores Claiborne 18 (1995) 4.30 The Screening Room 5.00 A Fine Madness PG (1966)
The Disney Channel
Kids' programmes from 7am, except: 9.00 Film: High School Musical U (2006) Comedy musical, starring Zac Efron and Vanessa Hudgens.

MOVIES

Sky Movies Drama

6.30 Pride and Prejudice PG (2003) 8.30 The Legend of 1900 15 (1998) 10.40 The Movie Geek 11.10 Heartburn 15 (1987) With Meryl Streep. 1.10 Phenomenon PG (1996) With John Travolta. 3.20 Jindabyne 15 (2006) With Gabriel Byrne. 5.30 Chaplin 15 (1992) With Robert Downey Jr. 8.00 Lions for Lambs 15 (2007) With Robert Redford. 9.35 Reign Over Me 15 (2007) With Adam Sandler. 11.50 Boys Don't Cry 18 (1999) With Hilary Swank. 1.50 Rumble Fish 18 (1983) With Matt Dillon. 3.30 The Grifters 18 (1990) 5.25 Taken Away PG (1996)

Sky Movies Comedy

7.20 Are We Done Yet? PG (2007) 9.00 Monty Python's The Meaning of Life 15 (1983) 11.00 American Pie 15 (1999) With Jason Biggs. 12.40 American Pie 2 15 (2001) With Jason Biggs. 2.30 The Top 10 Show 2.50 I Now Pronounce You Chuck & Larry 12 (2007) With Adam Sandler. 4.50 Splitting Heirs 15 (1993) With Eric Idle. 6.20 Are We Done Yet? PG (2007) With Ice Cube. 8.00 American Pie 15 (1999) With Jason Biggs. 9.45 American Pie 2 15 (2001) With Jason Biggs. 11.35 I Now Pronounce You Chuck & Larry 12 (2007) With Adam Sandler. 1.35 Monty Python's The Meaning of Life 15 (1983) With Michael Palin. 3.25 Splitting Heirs 15 (1993) 5.00 The Sugarland Express PG (1974)

Sky Movies Action/Thriller

6.30 Twilight 15 (1998) 8.15 Jaws 3 12 (1983) 10.00 The Eiger Sanction 15 (1975) 12.15 No Country for Old Men 15 (2007) With Josh Brolin. 2.20 Twilight 15 (1998) With Paul Newman. 4.00 Jaws 3 12 (1983) With Dennis Quaid. 5.45 The Eiger Sanction 15 (1975) With Clint Eastwood. 8.00 No Country for Old Men 15 (2007) With Josh Brolin. 10.05 Knock Off 18 (1998) With Jean-Claude Van Damme. 11.40 Mr Brooks 18 (2007) With Kevin Costner. 1.45 The Corruptor 18 (1999) With Chow Yun-Fat. 3.40 Knock Off 18 (1998) 5.15 Angel Flight Down PG (1996)

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SPORT

Sky Sports 1

6.00 Good Morning Sports Fans 9.00 FIFA Futbol Mundial 9.30 European Tour Weekly 10.00 Transworld Sport 11.00 Boots 'n' All 12.00 FIFA Futbol Mundial 12.30 Show Jumping 1.30 Show Jumping 2.30 European Tour Weekly 3.00 Boots 'n' All 4.00 Total Rugby 4.30 Live Pro40 Cricket. Durham Dynamos v Worcestershire Royals. 7.00 Live World Golf Championship. The Bridgestone Invitational. 11.00 Premier League World 11.30 NFL: Total Access 12.30 Premier League World 1.00 World Golf Championship 5.00 Premier League World 5.30 IAAF Athletix Weekly

Sky Sports 2

6.00 Aerobics Oz Style 6.30 Ocean Adventures 7.00 WWE: Experience 8.00 Boots 'n' All 9.00 Show Jumping 10.00 Show Jumping 11.00 Best of British Motorsport 12.00 DTM Motor Racing 1.00 Premier League Years 3.00 Best of British Motorsport 4.00 Show Jumping 5.00 NFL: Total Access 6.00 Ocean Adventures 6.30 Premier League World 7.00 Live Pro40 Cricket. Durham Dynamos v Worcestershire Royals. 10.00 Time of Our Lives 11.00 Race World 12.00 British Motocross Championship 1.00 Time of Our Lives 2.00 IAAF Athletix Weekly 2.30 Race World 3.30 British Motocross Championship 4.30 Close

Sky Sports 3

6.00 Show Jumping 7.00 DTM Motor Racing 8.00 Best of British Motorsport 9.00 Premier League Years 11.00 Aerobics Oz Style 11.30 Racing News 12.00 Watersports World 1.00 Ten Pin Bowling 2.00 Ocean Adventures 2.30 Total Rugby 3.00 Watersports World 4.00 Ten Pin Bowling 5.00 WWE Vintage Collection 6.00 Race World 7.00 IAAF Athletix Weekly 7.30 Live Rugby League. Oldham Roughyeds v London Skolars (Kick-off 7.30pm). 9.30 WWE: Late Night - Raw 11.30 Extreme Championship Wrestling 12.30 Rugby League 2.30 Close

British Eurosport

7.30 Mountain Biking 8.05 Show Jumping 9.00 MotoGP 11.00 UEFA Champions League 11.45 UEFA Champions League 12.30 Strongest Man 1.30 Cycling 2.00 Cycling 2.30 US Tour Golf 3.30 UEFA Champions League 4.15 UEFA Champions League 5.00 Eurogoals Flash 5.15 Live UEFA Europa League Football. The third qualifying round. 7.00 Strongest Man 8.00 GP2 Series 9.00 MotoGP 10.00 World Superbikes 11.30 Cycling 12.30 Close

Sky Sports Xtra

6.00 Close 1.00 Asian Tour Golf 2.00 Pool 4.00 Ocean Adventures 4.30 Aerobics Oz Style 5.00 Premier League Years 7.00 British Motocross Championship 8.00 Pool 10.00 Live Poker. Coverage of the online Sky Poker Five-00 tournament. 12.00 Premier League Years 2.00 Pool 4.00 Ocean Adventures 4.30 Close

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BBC1

6.00 Breakfast. (T) 9.15 Heir Hunters. (R) (T) 10.00 Escape to the Country; (R) (T) BBC News; Weather. (T) 11.00 Homes Under the Hammer. (T) 11.30 Trash to Cash; (T) BBC News; Weather. (T) 12.15 Cash in the Attic. (R) (T) 1.00 BBC News; Weather. (T) 1.30 Regional News; Weather. (T) 1.45 Doctors. (T) 2.15 Murder, She Wrote. (R) (T) 3.00 BBC News; Weather; Regional News. (T) 3.05 CBeebies: Mister Maker. (R) (T) 3.25 CBBC: Bear Behaving Badly. (R) (T) 3.50 League of Super Evil. (R) (T) 4.00 Thumb Wrestling Federation: TWF. (R) (T) 4.05 Basil's Game Show. (R) (T) 4.35 Hotel Trubble. (R) (T) 5.00 Newsround. (T)

5.15 Weakest Link. Anne Robinson hosts the general knowledge quiz in which contestants answer questions as a team, banking the jackpot money and eliminating the poorest players as they go. (R) (T)
6.00 BBC News; Weather. (T)
6.30 Regional News Programmes; Weather. (T)
7.00 The One Show. Live topical show in which reporters uncover the UK's most fascinating stories. Adrian Chiles and Christine Bleakley present. (T)
7.30 Air Medics. When Colin Banks comes off his motorbike at more than 100mph, Air Ambulance doctor Matt Cheeseman is forced to anaesthetise him and perform surgery at the scene of the accident. Meanwhile, five men climb out of a completely wrecked car following a crash on the A66 seemingly unharmed, but aircrew paramedic Andy Dalton is concerned as one of them is suffering from neck pain. Last in the series; (T) BBC News; Regional News. (T)
8.00 EastEnders. Ronnie deals with the return of someone from her past - thanks to Janine's meddling - while Owen tells Liz he will not rest until Denise and Libby forgive him. (T)
8.30 Traffic Cops. Police in Hull use a stun gun for the first time to combat armed offenders. Jamie Theakston narrates. (R) (T)
9.00 Hotel Babylon. James is promised a promotion if he ensures the extravagant funeral of famous Sicilian artist Christiano Cucci is a success, but an ill-timed comment by Gino threatens to ruin his chances. To make matters worse, the body disappears, prompting a frantic search of the hotel. Meanwhile, Sam's jealousy over Juliet's old flame results in a one-night stand with a guest, and Ben exposes an imposter posing as a receptionist. Former Emmerdale star Amy Nuttall joins the cast, with guests Hugh Dennis and Clive Russell. (T)
10.00 BBC News. (T)
10.25 Regional News; Weather. (T)
10.35 Rock 'n' Roll Hotel. Christmas adds further delays to the hotel, but the seasonal slow-down is nothing compared with the potential disaster of having 150 doors held up by snow at the Swiss border. (T)
11.20 The National Lottery EuroMillions Draw. Coverage of the draw. (T)
11.25 FILM: Old School (2003). Comedy, starring Luke Wilson; (T) Weatherview. (T)
12.55 Sign Zone: Silverville. (R) (T) 1.25 BBC News. (T)

Pick of the Day

You're Nicked! (five, 8pm)
There's something terrific fun about watching a high speed car chase from the comfort and safety of your armchair. In this new series Natalie Pinkham travels the country to find out the true stories behind dramatic crimes that have been caught on video. This week, Natalie visits the North Midlands chopper coppers to find out about one of the most dramatic pursuits ever to happen on British roads. It is rush hour and a suicidal motorist is being chased down the M1. The driver tries his hardest to escape but the helicopter crew soon has the man cornered. When the driver realises the game is up, he sets fire to himself and his car - with predictably explosive results. Natalie then takes to the skies with the Metropolitan Police Helicopter Support team and finds out what it takes to track criminals over London. She is with them as they check the skies over Heathrow as part of their anti-terrorist patrols. Escaping the Met helicopter is no easy task when two people are riding one moped, but this does not deter a couple of hapless criminals. A chase of planes, trains and mopeds ensues as the officers track the offenders to an underground station. Later, the Met chopper lifts off once again in search of a man with a knife. Officers involved are not sure what to make of the suspect when they spot him hopping from garden to garden with the odd dance move in between. After a chase and tackle, it is time for a last waltz as he is treated to a free ride to the local police station.

ITV1

5.30 ITV Morning News. (T) 6.00 GMTV. (T) 9.25 The Jeremy Kyle Show. (R) (T) 10.30 No Place Like Home? (T) 11.25 ITV News Headlines; Weather. (T) 11.30 60 Minute Makeover. (R) (T) 12.30 Loose Women. (T) 1.30 ITV Lunchtime News. (T) 1.55 London News and Weather. (T) 2.00 Dickinson's Real Deal. (R) (T) 3.00 Daily Cooks Challenge. (T) 3.59 London Weather. (T) 4.00 Heartbeat. (R) (T)

5.00 Golden Balls. Jasper Carrott hosts the show in which four contestants enter a game of truth and bluff to find life-changing amounts of cash hidden inside a set of golden balls. (T)
6.00 London Tonight; Weather. (T)
6.30 ITV Evening News; Weather. (T)
7.00 Emmerdale. Natasha confronts Faye about her return to the village, Brenda feels guilty when Terry parts with his savings, and Carl finds it uncomfortable being around Nicola's baby and Lexi. (T)
7.30 Coronation Street. Joe's actions reveal to Gail the scale of his addiction after she responds to the medical centre alarm. Kevin gets tough with Chesney, while Jason and Tina buy No 12 at the auction. (T)
8.00 Airline. A leukaemia charity sets up a clinic at Liverpool John Lennon Airport to recruit volunteer bone marrow donors, while the Campaign Jaguars paintball team checks in at Gatwick en route to the world championship. A technical delay in Belfast threatens a couple's chances of making it to their son's wedding in Edinburgh and Luton superviser Nathan Wood deals with an inebriated passenger who is determined to get to Palma. (R) (T)
8.30 Coronation Street. Gail is horrified when the police arrest Joe, while David spins events to his own advantage. Tony tells Michelle to move out of Maria's house, and Chesney leaves home - again. (T)
9.00 Kingdom. Life and work must go on for respected market town solicitor Peter Kingdom, despite the disappearance of his brother and business partner Simon. Drama, starring Stephen Fry. (R) (T)
10.00 News at Ten and Weather. (T)
10.25 London News and Weather. (T)
10.35 The Bill. Stevie questions a man arrested for launching an unprovoked attack on a fellow drinker in a pub and becomes emotionally involved when she discovers the suspect is deeply depressed after losing his job and learning his wife has been having an affair with her boss. Newly promoted Inspector Smith urges caution, but Stevie puts herself in danger after the downtrodden husband sets out for revenge - carrying a gun. Danielle Brent guest stars. (R) (T)
11.35 FILM: Ned Kelly (2003). Outlaw adventure, with Heath Ledger. (T)
1.30 Nightwatch with Steve Scott: Crime; (R) (T) ITV News Headlines. 2.25 FILM: Sins of the Father (2002). Drama, starring Tom Sizemore. (T) 4.00 ITV Nightscreen.

BBC2

6.00 CBeebies: Tikkabilla. (R) (T) 6.30 Teletubbies. (R) (T) 7.00 Lunar Jim. (R) (T) 7.10 Kerwhizz. (R) (T) 7.35 Green Balloon Goes on Holiday. (T) 8.00 CBBC: Who Wants to Be a Superhero? (R) (T) 9.00 Wolverine and the X-Men. (R) (T) 9.20 Krypto the Superdog. (R) (T) 9.30 Ed and Oucho's Excellent Inventions. (R) (T) 10.00 The Story of Tracy Beaker. (R) (T) 10.30 Deadly 60. (R) (T) 11.00 The Flintstones. (R) (T) 11.25 The Flintstones. (R) (T) 11.50 FILM: A Gift for Heidi (1958). Children's drama, starring Sandy Descher. (T) 1.00 Open Gardens. (R) (T) 1.30 Animal Park. (R) (T) 2.15 Sun, Sea and Bargain Spotting. (R) (T) 3.00 Monk. (R) (T) 3.45 Flog It! (R) (T) 4.30 Put Your Money Where Your Mouth Is. (R) (T) 5.15 Cash in the Celebrity Attic. (R) (T) 6.00 Eggheads. (T) 6.30 Knowitalls. (T) 7.00 Mud, Sweat and Tractors: The Story of Agriculture. The revolution in the production of fruit and vegetables. (T) 8.00 Gardeners' World. Toby Buckland demonstrates the best plants for extending the summer season and visits the RHS garden at Harlow Carr to examine the plants chosen to survive the Yorkshire winter. (T) 9.00 Classic Goldie. Part two of two. Goldie prepares for the premiere of his Proms work. (T) 10.00 QI. With Phill Jupitus, Jo Brand and Hugh Dennis. (R) (T) 10.30 Newsnight. (T) 11.00 Newsnight Review; (T) Weather. (T) 11.35 Medium. (R) (T) 12.20 Medium. (R) (T) 1.00 The Wire. (R) (T) 2.00 The Wire. (R) (T) 2.55 The Wire. (R) (T) 3.55 Close.

(R) - repeat programme;
(T) - programme with teletext subtitles;
(S) - programme broadcast in stereo;
(bw) - black and white.

C4

5.55 Sali Mali. (T) 6.00 The Hoobs. (R) (T) 6.25 The Hoobs. (R) (T) 6.50 Everybody Loves Raymond. (R) (T) 7.15 Big Brother's Little Brother. (T) 7.40 Big Brother. (R) (T) 8.50 Friends. (R) (T) 9.25 Friends. (R) (T) 9.55 The OC. (R) (T) 10.55 T4 on the Beach: Buried Treasures. (R) (T) 11.45 Peter Andre's Postcard from T4 on the Beach. (R) (T) 12.00 News at Noon. (T) 12.30 A Place by the Sea. (R) (T) 1.30 FILM: Dead Men Don't Wear Plaid (1982). Comedy, starring Steve Martin. (T) (bw) 3.10 Come Dine with Me Extra Portions. (T) 3.40 Come Dine with Me Extra Portions. (T) 4.10 Deal or No Deal: Noel's Hall of Fame. (R) (T) 5.00 Come Dine with Me Extra Portions. (T) 5.30 Come Dine with Me Extra Portions. (T) 6.00 The Simpsons. (R) (T) 6.30 Hollyoaks. (T) 7.00 Channel 4 News. (T) 7.30 The Russians Are Coming. The efforts of super-rich Russians to enter British high society. (T) 8.00 A Place in the Sun: Home or USA? Homes in London and Texas. (R) (T) 9.00 Big Brother. The housemates find out which of them is to be evicted. (T) 10.00 The Kevin Bishop Show. Fast-paced sketch show in which the comedian spoofs the worlds of TV, film and popular culture, and impersonates celebrities. (T) 10.35 Big Brother. (T) 11.05 The Simpsons. (R) (T) 11.35 Russell Brand's Ponderland. (R) (T) 12.10 4Music: 4Play: Miike Snow. (T) 12.25 4Music: JD Set Presents: Two Door Cinema Club. (T) 12.40 Big Brother Live. 4.00 Freesports on 4. (R) (T) 4.30 The Brain Cell. (R) (T) 5.00 Grudge Match. (R) (T) 5.10 Beach Volleyball. (T) 5.25 Countdown. (R) (T)

FIVE

6.00 Milkshake!: Elmo's World. (R) (T) 6.15 Pocoyo. (R) (T) 6.20 Fireman Sam. (R) (T) 6.35 The Beeps. (R) (T) 6.45 Roobarb and Custard Too. (R) (T) 6.55 Peppa Pig. (R) (T) 7.00 The WotWots. (R) (T) 7.10 Chiro. (R) (T) 7.15 Milkshake Monkey. (T) 7.20 Bert and Ernie's Great Adventures. (R) (T) 7.25 Milkshake! Bop Box. (T) 7.30 Roary the Racing Car. (R) (T) 7.45 Noddy in Toyland. (R) (T) 8.00 Fifi and the Flowertots. (R) (T) 8.15 Peppa Pig. (R) (T) 8.25 Thomas & Friends. (R) (T) 8.40 Little Princess. (R) (T) 8.50 The Adventures of Bottle Top Bill and His Best Friend Corky. (R) (T) 9.05 The Mr Men Show. (R) (T) 9.15 Hana's Helpline. (R) (T) 9.25 Funky Valley. (R) (T) 9.35 Olivia. (R) (T) 9.45 Michaela's Animal Road Trip. (R) (T) 10.45 Trisha Goddard. (R) (T) 11.45 House. (R) (T) 12.40 Five News. (T) 12.50 Medical Investigation. (R) (T) 1.45 Neighbours. (T) 2.15 Zoo Days. (R) (T) 2.50 The Property List. (R) (T) 3.10 FILM: A Decent Proposal (2006). Premiere. Thriller, starring Jessica Tuck. (T) 5.00 Five News; Weather. (T) 5.30 Neighbours. (R) (T) 6.00 Michaela's Animal Road Trip. (T) 7.00 Five News at 7. (T) 7.15 Cricket on Five. England v Australia. Mark Nicholas introduces highlights from the opening day of the Fourth Test, held at Headingley; (T) 7.15 Five News Update. (T) **8.00 You're Nicked!** New series. The true stories behind crimes caught on camera; (T) 8.00 Five News at 9. 9.00 NCIS. A Marine intelligence officer is murdered. (R) (T) 10.00 Law & Order: Criminal Intent. Goren suspects a woman's family was involved in her murder. (T) 11.00 CSI: Miami. (R) (T) 12.00 Quiz Call. 4.00 The Gadget Show. (R) (T) 4.45 Wildlife SOS. (R) (T) 5.10 Neighbours. (R) (T) 5.35 Great Artists. (R) (T)

LOCAL

RTP1
0630 Bom Dia Portugal 1000 Verão Total 1300 News 1420 Chamas da Vida 1500 Sangue do Meu Sangue 1515 Verão Total 1800 Portugal em Directo 1905 Preço Certo 2000 News 2100 Jogo Duplo 2200 Conta-me Como Foi 2300 A Minha Familia 0000 Liberdade 21 0100 Film 0230 Amor e Intrigas 0430 Telesales
RTP2
0715 Zig Zag 1400 Grey's Anatomy, series 1530 National Geographic 1630 Zig Zag 1830 A Fé dos Homens 1900 A Minha Sogra É Uma Bruxa 1930 Zig Zag 2045 Samantha Who?, series 2115 National Geographic 2200 News 2240 Mad Men, series 2330 30 Rock, series 0000 5 Para a Meia-Noite 0100 The Story of India, documentary 0200 Palcos 0400 Bastidores 0430 Euronews
SIC
0600 Sic Notícias 0700 Sic Kids 0815 A Minha Família é uma Animação 0900 Tween Box 1000 O Mundo de Patty 1100 Sic ao Vivo 1300 News 1415 Mulheres Apaixonadas 1530 Sic ao Vivo 1700 Mar Azul 1800 Três Irmãs 1900 Tá a Gravar 2000 News 2130 Salve-se Quem Puder 2245 Camilo, o Presidente 2315 Caminho das Índias 0030 CSI: Miami, series 0130 Desperate Housewives, series 0230 Quando o Telefone Toca <channelvsm>TVI
0700 Diário Da Manhã 1015 Você na TV! 1300 News 1400 As Tardes da Júlia 1700 Quem quer Ganha 1815 Morangos com Açúcar 2000 News 2145 Euromillions 2200 Deixa Que Te Leve 2300 Sentimentos 0000 Flor do Mar 0045 Film 0245 Sempre a Somar 0430 Law & Order: Special Victims Unit, series 0530 Telesales

Best of the Rest

BBC3
7.00 Top Gear 8.00 Doctor Who 8.50 Doctor Who Confidential 9.00 Torchwood - Children of Earth 10.00 EastEnders 10.30 Ideal 11.00 Ideal 11.30 Family Guy 11.55 Family Guy 12.15 We Are Klang 12.45 Torchwood - Children of Earth 1.45 Ideal 2.15 Ideal 2.45 Baby Beauty Queens 3.45 We Are Klang 4.15 Binge Drinking - My Big Decision 5.15 Close
BBC4
7.00 World News Today 7.00 Weather 7.30 BBC Proms 2009 9.20 In Concert: Sonny Terry and Brownie McGhee 10.00 Blues at the BBC 11.00 Blues Britannia - Can Blue Men Sing the Whites? 12.30 Bobby Bland: Two Steps from the Blues 1.30 Blues at the BBC 2.30 BBC Proms 2009 4.20 Close
ITV2
1.00 Emmerdale 1.30 The Jeremy Kyle Show 2.35 The Jeremy Kyle Show 3.45 Ricki Lake 4.30 Ricki Lake 5.15 Sally Jessy Raphael 6.00 Judge Judy 7.00 Gossip Girl 8.00 Anonymous 9.00 America's Got Talent 11.00 America's Got Talent 11.30 Coronation Street 12.00 Coronation Street 12.30 America's Got Talent 2.20 America's Got Talent 2.45 Emmerdale 3.10 Teleshopping 5.40 ITV2 Nightscreen
Sky1
1.00 Don't Forget the Lyrics 2.00 A Town Called Eureka 3.00 The Real A&E 4.00 Malcolm in the Middle 4.30 Malcolm in the Middle 5.00 Oops TV 5.30 Oops TV 6.00 Futurama 6.30 Futurama 7.00 The Simpsons 7.30 The Simpsons 8.00 The Simpsons 8.30 The Simpsons 9.00 Road Wars 10.00 Film: Dante's Peak 12 (1997) 12.05 Road Wars 1.05 Road Wars 1.55 Ross Kemp on Gangs 2.45 Is Harry on the Boat? 3.40 Nothing But the Truth 4.35 Bite Size Brainiac 4.45 Road Wars 5.05 Brainiac: Science Abuse 5.10 Brainiac: Science Abuse
GOLD
1.00 dinnerladies 1.40 Steptoe and Son 2.20 Yes, Prime Minister 3.00 Last of the Summer Wine 3.40 The Brittas Empire 4.20 My Family 5.00 As Time Goes By 5.40 One Foot in the Grave 6.20 dinnerladies 7.00 Steptoe and Son 7.40 Yes, Prime Minister 8.20 Last of the Summer Wine 9.00 Film: Three Men and a Little Lady PG (1990) 11.05 Jonathan Creek 12.15 Hippies 12.55 The New Statesman 1.30 The New Statesman 2.00 Murder Most Horrid 2.35 The New Statesman 3.00 Close
TCM
1.00 The Great Bank Robbery U (1969) 3.00 My Favorite Year PG (1982) 4.50 Bachelor in Paradise PG (1961) 6.55 Mrs Soffel PG (1984) 9.00 Spawn 15 (1997) 10.55 Lone Star 15 (1996) 1.30 Spawn 15 (1997) 3.20 You're a Big Boy Now 15 (1967) 5.00 The Great Bank Robbery U (1969)
The Disney Channel
Kids' programmes from 7am, except: 8.00 Film: Mr Magorium's Wonder Emporium U (2007) Fantasy comedy, starring Dustin Hoffman and Natalie Portman. 10.00 Film: High School Musical 2 U (2007) Comic musical sequel, starring Zac Efron.

MOVIES

Sky Movies Drama

7.00 Cleaverville 12 (2007) 8.30 Silkwood 15 (1983) 10.45 The Sixth Sense 15 (1999) 12.40 The Last of the Mohicans 15 (1992) With Daniel Day-Lewis. 2.40 The Illusionist PG (2006) With Edward Norton. 4.40 The Russell Girl 12 (2008) With Amber Tamblyn. 6.20 Love N' Dancing 12 (2008) With Amy Smart. 8.00 21 12 (2008) With Kevin Spacey. 10.10 Charlie Wilson's War 15 (2007) With Tom Hanks. 12.00 What's Love Got to Do with It 18 (1993) With Angela Bassett. 2.00 Body Shots 18 (1999) With Sean Patrick Flanery. 4.00 The Top 10 Show 4.20 Yesterday's Children 12 (2000)

Sky Movies Comedy

6.55 More of Me PG (2007) 8.25 VI Warshawski 15 (1991) 10.00 Tremors II: Aftershocks 12 (1995) 11.45 Evan Almighty PG (2007) With Steve Carell. 1.25 Balls of Fury 12 (2007) With Dan Fogler. 3.00 First Sunday 12 (2008) With Ice Cube. 4.45 VI Warshawski 15 (1991) With Kathleen Turner. 6.20 Evan Almighty PG (2007) With Steve Carell. 8.00 The Heartbreak Kid 15 (2007) With Ben Stiller. 10.00 Balls of Fury 12 (2007) With Dan Fogler. 11.35 First Sunday 12 (2008) With Ice Cube. 1.20 The Heartbreak Kid 15 (2007) With Ben Stiller. 3.20 Tremors II: Aftershocks 12 (1995) 5.05 More of Me PG (2007)

Sky Movies Action/Thriller

6.50 The River Wild 12 (1994) 8.50 Flyboys 12 (2006) 11.10 Butterfly on a Wheel 15 (2007) With Pierce Brosnan. 1.00 Street Kings 15 (2008) With Keanu Reeves. 3.00 Next of Kin 15 (1989) With Patrick Swayze. 5.00 Flyboys 12 (2006) With James Franco. 7.20 Butterfly on a Wheel 15 (2007) With Pierce Brosnan. 9.00 Street Kings 15 (2008) With Keanu Reeves. 11.00 American Gangster: Extended Edition 18 (2007) With Denzel Washington. 2.05 End of Days 18 (1999) With Arnold Schwarzenegger. 4.20 Funeral in Berlin PG (1966)

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SPORT

Sky Sports 1

6.00 Good Morning Sports Fans 9.00 Ocean Adventures 9.30 Premier League World 10.00 Cricket: The Ashes Live. England v Australia. 7.00 Live Big League Weekend. A look ahead to the weekend's fixtures. 7.45 Live Football League. Middlesbrough v Sheffield United (Kick-off 8.00pm). 10.30 Cricket: The Ashes 12.30 World Golf Championship 4.30 FIFA Futbol Mundial 5.00 Premier League World 5.30 World Sport

Sky Sports 2

6.00 Aerobics Oz Style 6.30 Ocean Adventures 7.00 WWE: Raw 9.00 World Golf Championship 1.00 Premier League Years 3.00 NFL: Total Access 4.00 Premier League Years 6.00 Tight Lines 7.00 Live World Golf Championship. The Bridgestone Invitational. 11.00 NFL: Total Access 12.00 Football Asia 12.30 Football League 2.00 NFL: Total Access 3.00 Premier League Years 5.00 NFL: Total Access

Sky Sports 3

7.30 British Motocross Championship 8.30 IAAF Athletix Weekly 9.00 Premier League Years 11.00 Aerobics Oz Style 11.30 Racing News 12.00 Transworld Sport 1.00 Race World 2.00 Ocean Adventures 2.30 IAAF Athletix Weekly 3.00 British Motocross Championship 4.00 WWE: Raw 6.00 Live Rugby Union. Free State Cheetahs v Blue Bulls (Kick-off 6.10pm). 8.00 Cricket: The Ashes 10.00 WWE: Late Night - Smackdown 12.00 WWE: Late Night - Bottom Line 1.00 Rugby Union 3.00 Cricket: The Ashes 5.00 IAAF Athletix Weekly 5.30 Ocean Adventures

British Eurosport

7.30 World Rally Championship 8.30 UEFA Europa League Football 9.30 UEFA Champions League 10.15 UEFA Champions League 11.00 Live UEFA Champions League Draw. The draw for the play-off stage. 11.30 UEFA Champions League 12.30 Live UEFA Europa League Draw. The draw for the play-off stage. 1.00 UEFA Champions League 1.45 UEFA Champions League 2.30 UEFA Europa League Football 4.00 Cycling 5.00 Eurogoals Weekend 5.15 Live Ski Jumping. The Summer Grand Prix from Hinterzarten in Germany. 6.00 Cycling 7.00 WTA Tennis 8.00 Live WTA Tennis. The LA Women's Tennis Championships quarter-finals. 11.45 Cycling 12.45 Close

Sky Sports Xtra

4.00 Ocean Adventures 4.30 Aerobics Oz Style 5.00 Live ATP Tennis. The Legg Mason Tennis Classic. 9.30 Ocean Adventures 10.00 Tight Lines 11.00 Ocean Adventures 11.30 World Sport 12.00 Live ATP Tennis. The Legg Mason Tennis Classic. 4.00 Ocean Adventures 4.30 World Sport 5.00 Tight Lines

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WHERE TO WORSHIP

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IGREJA DA SRA. DOS NAVEGANTES, CASCAIS Rua dos Navegantes, Catholic Services in English, Mass each Saturday at 6.30pm; Mass each Sunday and Holyday 12 noon Tel. 21 467 3771

ST MARIA, SÃO PEDRO DO ESTORIL Catholic Service in English every Sunday at 10:15 Tel. 21 467 3771

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INTERNATIONAL BAPTIST CHURCH OF LISBON 11.30am English worship service in the facilities of the Terceira Igreja Evangélica Baptista de Lisboa. Location: Rua Filipe Folque, 36, 1st Floor, 1050 Lisbon. Rev. Joseph Ian Momoh

BAPTIST MISSION - Esgueira (Aveiro) Traditional Baptist church service in English on Sunday at 5pm. Contact: Pastor David Loop Tel 965-363-986.

RIVERSIDE INTERNATIONAL CHURCH Office: Rua São José 178, 1 dto, Fontainhas, 2750-134 Cascais, Phone: 21 483 6590, Fax: 21 483 6592. Church: ABLA (next to Riviera Hotel), Praceta Infante D. Henrique, N° 80, Quinta do Junqueiro, 2775-584 Carcavelos. We are an interdenominational Christ-centered, contemporary, caring & culturally relevant church meeting at ABLA in Carcavelos each Sunday at 10:30 in English and 18:00 on Portuguese. Creche, children and youth ministries provided.

THE DOOR Christian International Church - meets at Cidade Desportiva, Praceta Carlos Capitulo, Loja "B" Massama / Queluz, every Sunday at 10:30am and 7:00pm- all welcome. For more information call Pastor Frank Escobar at 21-467-3386 or Mobile 919 086 683 God Bless!

CHAPEL OF ST. PIUS X: PRIORADO S.PIO X, Estrada de Chelas, 31, 1900 Lisboa. Tel.(21) 814 3591. Latin Tridentine Mass, Lisbon every Sunday at 11am. Rosary before Mass, confessions also available. Monforte (Alentejo) also 2nd & 4th Sundays, 6.30pm. Resident Priest: Ernesto Cardoso

ST GEORGE'S CHURCH, LISBON (Church of England). Rua S. Jorge. Enter through British Cemetery gate opposite Jardim da Estrela. Sunday School. Service 11.30 am every Sunday. Tel. 21 4692303.

ST PAUL'S CHURCH, ESTORIL (Church of England). Av. Bombeiros Voluntários 59 (behind Hotel Sana Estoril). Sunday School. Service 9.30 am every Sunday. Tel. 21.4692303.

ST. MARY'S, S. PEDRO DO ESTORIL 368 Rua do Murtal, Mass each Sunday and Holyday 10.15am Tel. 21 467 3771

ST. ANDREW'S CHURCH OF SCOTLAND (PRESBYTERIAN) Rua Arriaga, 13, Lisbon: Sun. 11.00. Minister's Tel: 214 837 885, www.standrewslisbon.com.sapo.pt

CASCAIS INTERNATIONAL CHRISTIAN CHURCH Av. de Sintra, Nº 1154, Cascais (Tel: 21 486 1856). Sunday English worship 10.30 Portuguese at 17.30. An international evangelical fellowship, nursery provided, children's church programme, mid-week bible studies.

THE SALVATION ARMY, LISBON Reboleira Corps (Praceta Almada Negreiro, Lote 213 Loja Dt do Exército 11 A); Chelas Corps (Rua Rui de Sousa, Lote 65 A loja C); Laranjeiras Corps (Bairro de Laranjeiras). At all these corps: Morning Service 9.30am Salvation Meeting 5.00pm Picheleira Corp Rua Capitão Roby, Picheleira, Lisbon (21 805708).

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IGREJA BAPTISTA de Queijas (close to Cascais) Rua Carlos Santos 8B, Queijas Near the Olympic Stadium off the A5. Tel: 214 172 087. Sunday Service: English 10:15 / Portuguese 12:00 Prayer and Bible Study: Thursday 8pm Traditional Baptist Service in English followed by Sunday School.

JEHOVAH'S WITNESSES - Public Talk in English. Rua João de Deus, 76. Sintra. (Behind Sintra train station). Sunday 1.30pm. Tel: 214 690 600. No collection. Also Rua da Barroca, 122 (Bairro Alto), Lisbon. Sunday 11am. Tel: 213 421 604. (Chinese: Saturday 3pm) No collection.

The Algarve

ALL SAINTS ANGLICAN CHURCH, ALGARVE (Member of the Worldwide Anglican Communion) Holy Communion every Sunday for all the family. **Almancil** 10.30am with Adventurers (Sunday School with a difference) and Creche at Almancil Community Centre (ASCA). **Lagoa** 6pm at Lagoa Convent Chapel. Maps and further information at www.allsaintsalgarve.org or 282 380 311.

CHURCH OF ENGLAND ST. VINCENT'S ANGLICAN CHAPLAINCY Holy Communion every Sunday: 11:30am St Luke's, Monte de Palhagueira, Gorjões (Near Sta Barbara). 289 791 699 & 919055959. 9:30am Igreja N Sra de Fátima, EN125 between Quatro Estradas & Almancil. 289 328 302. 8:00am and 12noon Igreja N Sra da Luz, Praia da Luz (near Lagos) with Sunday School. 282 788 104. More info: www.stvincentsalgarve.org

CENTRO CRISTÃO FONTE DE VIDA Pentecostal Church, Sítio do Paul, Estrada do Sargaçal, Sargaçal 8600 Lagos. Apartado 4388601/905. Fridays Youth meeting at 09.00 p.m. Sundays 10.00 a.m. Tel: 282 764 040 Fax: 282 799 518 Website www.fontevida.org

THE SALVATION ARMY in São Bras de Alportel will hold on the 1st Sunday of each month an International Worship Service at the Salvation Army Citadel in São Bras at 5pm, Rua 25 de Abril, nº 19 (next to the Market).

CATHOLIC MASS every Sunday partly in English · 11am. at St. Lourenço Church - Almancil · 6.30pm. at Four Seasons Country Club— Quinta do Lago — Almancil. Further information, Griselda Neto on 966168120 or Vitor on vgn@domopor.com).

INTERNATIONAL CHRISTIAN FELLOWSHIP International Christian Fellowship in Portimão. Sundays at 11am. * Sunday School for Children in English & Portuguese* Avda 25 de abril 17 r/c-D, Portimao) *opposite public swimming pool (piscina municipal) *Tel 282 461 985. Website: www.coaa.co.uk/icf.htm.

LIVING HOPE BAPTIST CHURCH English speaking services every Sunday 5 p.m. About 100m North of bullring circle in Albufeira. For more information contact pastor Mark: 964860765. Or email: pastor@ibev.pt

CHURCH IN ALJEZUR / VALE DE TELHA. Our mission: Matthew 28:18-20 (An outreach from Church in Lagos) Call Stefan Saunders (Pastor) mobile 963 165 983.

INTERNATIONAL COMMUNITY CHURCH in Lagos invites you to attend its services in English on Sundays at 11.00am. Sunday School for children. 5 Travessa de Santo Amaro, Lagos, Tel. 282-086804 or 282-697546, www.icc-lagos.org.

THE EVANGELICAL BAPTIST CHURCH of Lagos: invite you join us in our English language Service at 6pm. every Sunday. Find us at :- Urb Villa Praia da Ana, Lote 11b. Lagos (Nr. Hotel Golfinho) For more information, please contact Jack MacLeod on 282 768 088, Mob. 964914188

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TAVIRA CHRISTIAN CENTRE Meetings in English, Sundays at 10.30 am at 126 Rua Almirante Candido Reis. Full programme and further details from Jackie 281 322 857, Geoff 969 100 121 or Maria 966 380 404. E-mail: jackieandmo@yahoo.co.uk

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Oporto

GREATER GRACE INTERNATIONAL FELLOWSHIP has contemporary Christian gatherings on Sunday afternoons at 3rd Baptist Church, Rua Estacao 133, Porto, & Saturday evenings on the 1st floor at Confeitaria Palacio, Porto (across from the "Emergency" entrance of Hospital Santo Antonio); for meeting times, details and updated schedule visit www.NovaAurora.com, call 220 994 785 or send an SMS to 917 112 736.

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ST. JAMES'S CHURCH, ANGLICAN CHAPLAINCY OF OPORTO. Largo da Maternidade, Júlio Dinis. Sun. 11am Details from Chaplain (22) 609 1006. www.stjamesoporto.org

THE SALVATION ARMY OPORTO Pereiro Corps (Av. Vasco da Gama No: 675-2 E Ramalde), Service 10am, Salvation Meeting 5.00pm. Coloras Corps. (Av. dos Bombeiros Voluntá-rios; Tel: 22 929 1077) Sun. 10am. Thurs 4.00pm Ladies Home League Meeting.

JEHOVAH'S WITNESSES - Public Talk in English. Praça Don Afonso V, 168. Sunday 10.30am. Tel: 226 160 976. No collection.

Caldas da Rainha

ANGLICAN EVENING WORSHIP IN ENGLISH. At 6:00pm on the first Sunday of each month, except in August and January. Held in the Evangelical Baptist Church, Rua Dr. José Saudade e Silva 27/29 (between Caldas da Rainha Railway Station and 'Pingo Doce'. All welcome.

JEHOVAH'S WITNESSES - Public Talk in English. Rua Adelino Amaro da Costa, next to CERCIP. 2520 Peniche, Óbidos. Sunday 11am (1st & 2nd Sunday of the month). No collection.

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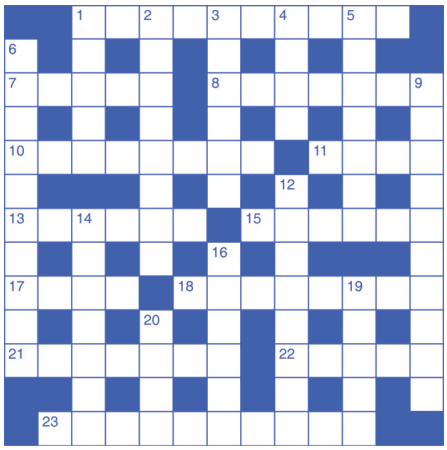
God is on the sidelines, cheering you on as you run life's race. He applauds your every step. Can you hear him in the crowd, shouting your name and encouraging you? When you feel too tired to continue, He promises to carry you. Too discouraged to go on? He will give you eagle's wings so that you can soar above life's difficulties. God is for you.

Again turning to the words of the well known American pastor and devotional writer we read: *"Had He a calendar, your birthday would be circled. If He drove a car, your name would be on his bumper. If there's a tree in heaven, He's carved your name in the bark."*

"…for his compassions never fail. They are new every morning; great is your faithfulness." - Lamentations 3:22-23

*More information about how to have a relationship with God can be found at *www.rbc.orgpersonal_relationship_with_god.page*

Crossword Nº. 252



ACROSS
1. Taking Hostage (10)
7. Perch (5)
8. Secluded (7)
10. Stronghold (8)
11. Overtake (4)
13. Tell (6)
15. To this (6)
17. Every single (4)
18. Perverse (8)
21. Defensible (7)
22. Overwhelm (5)
23. Contrition (10)

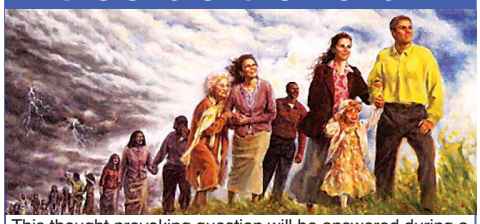
DOWN
1. Recognises (5)
2. Explode (8)
3. Apprehend (6)
4. Compassion (4)
5. Recount (7)
6. Promotion (10)
9. Jarring (10)
12. Under obligation (8)
14. Permission (7)
16. Contrive (6)
19. Expiate (5)
20. Clever (4)

Answers Crossword Nº 251

Across: 6 Compare; 7 Snake; 9 Try; 10 Manifests; 12 Second sight; 15 Short-handed; 17 Community; 19 Bad; 21 Agony; 22 Massive.

Down: 1 Worry; 2 Spy; 3 Area; 4 Undecided; 5 Sketchy; 8 Hidden; 11 Detriment; 13 On hand; 14 Through; 16 Halve; 18 Tear; 20 Ask.

How can you survive the end of the world?



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You are warmly invited to attend 7 - 9 August in Lisbon. The programme includes practical Bible counsel on how to 'Stay Awake' spiritually, *'Keeping in expectation, watching for Jehovah's Day'* (Mark 13:37).

Admission is free and there are no collections.

The programme starts at 9:20am, Friday, at the Salão de Assembleias das Testemunhas de Jeová, Carnaxide / Linda-a- Velha. Lisbon, off the A5.

For more information contact Jehovah's Witnesses, see 'Where to Worship' above.

sudoku

Fill in the grid so that every row, every column, and every 3x3 box contains the digits 1 through 9. That's all there is to it. There's no maths involved. The grid has numbers, but nothing has to add up to anything else. You solve the puzzle with reasoning and logic. It's fun. It's challenging. It's addictive! Solving time is typically from 10 to 30 minutes, depending on your skill and experience.

	1		5		6		2	
	4						1	
8				2				7
3			2		1			9
		8				3		
6			7		3			4
2				5				3
	3						4	
	8		3		7		6	

Last weeks solution:

5	8	7	9	6	1	4	3	2
9	2	4	7	8	3	1	6	5
3	1	6	5	2	4	8	7	9
7	5	8	3	4	9	2	1	6
1	9	2	8	5	6	7	4	3
4	6	3	2	1	7	5	9	8
8	7	9	1	3	2	6	5	4
6	3	5	4	7	8	9	2	1
2	4	1	6	9	5	3	8	7

For **tips** on how to solve Sudoku puzzles, browse the **forums**, go to www.sudoku.com

Announcements

LONELY? BORED? Come and join our happy helpers and fund-raisers, 3 to 4 hours a week (or more!)Our charity shops welcome you. Every Euro raised goes to animals rescued from distress. Call Nan Richards at the Donkey Sanctuary in Estômbar for details of our work. Tel.: 962 633 811.

CASA - IS a local social group established over 20 years. We are a friendly group who have a monthly newsletter and have at least one activity per month. These are usually dinners at local venues. We have an annual trip to either Spain or Portugal and various other activities. We are open to everyone. If you would like more information or a sample newsletter why not give Mary a call on 282 357 275.

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Charities

THE ANIMAL charity shop in Montechoro needs volunteers to help in the shop & to transport animals to the vet or abandoned animal's home 'Quintinha dos Animais' at Goldra, which receives part of the shops profits. Any help appreciated. Lesley - 962 414 584.

CAR BOOT Sale held every 3rd Sunday of the month at 'Restaurant Quinta dos Areões', adjacent to the veterinary clinic, in Espiche. Stallholders pay €3. All proceeds to help abandoned animals. Call Michele on 919 457 263 or e-mail me on Happyhounds@mail.telepac.pt for more information.

WANTED: THE donkey sanctuary needs your unwanted furniture, clothes, books and bric-a-brac for our charity shops in Lagoa and Monte Carvoeiro, all proceeds to aid donkeys in distress. We will collect larger items. Call Nan Richardson, mobile 962 633 811, for details of our work for animal welfare. Please help.

TAVIRA TREASURE Charity Shop. Tavira Christian Centre. 126, Rua Almirante Candido Reis, Tavira. Come and browse. Come and bring. Clothing, Bric-a-Brac, Books. Open Wednesdays, 2.30–4.30pm or phone 281 322 857 for further details. Volunteers needed so we can open more frequently.

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ALBUFEIRA ABA charity shop. An independent charity shop raising funds for neutering animals. Please help by donating items for sale in the shop, so that we can continue with this vital work. The shop is located on Avenida do Tenis, 41D, (next to Galeano Bar) on the road that leads to the Marina, from the dual carriageway, and is open Tuesday to Saturday 10.30am until 2pm.

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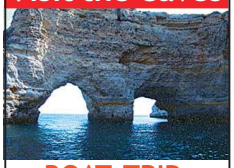

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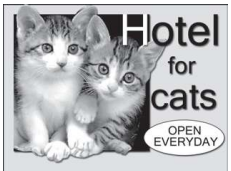

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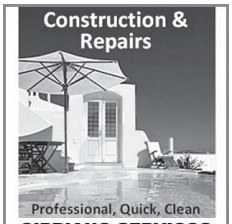

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CONDITIONS

Ads must reach us by 11am on **Tuesdays**.
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Phone numbers and post codes count as one word.
We reserve the right, without giving reasons, to decline any advertisement.
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Oceânico Real Estate

The Oceânico Group, owners of one of the largest golf portfolios in Europe, will create a new real estate company, Oceânico Real Estate, which will offer a brand new incentive to the seller and the buyer in the luxury property sector.

Oceânico Real Estate, opening on October 1st, will provide a service for the owners of top-end homes seeking a buyer.

If you are selling a property valued at €1m or more, then registering it with Oceânico Real Estate will bring more than just the Group's respected reputation and well-established skills in selling luxury properties; it will bring with it the option for the buyer to attach to the property highly sought-after and cherished golf title to SEVEN championship golf courses. These include the two courses at the new Amendoeira Golf Resort the Oceânico Faldo and Oceânico O'Connor Jnr. courses — recently awarded the title 'World's Best New Golf Destination' at the Homes Overseas Awards.

And the five other widely acclaimed Vilamoura courses including Oceânico Victoria, just named the top golf course in Portugal for the third successive year and host to the Portugal Masters 2006 – 2009, Oceânico Pinhal (where the Oceânico Real Estate office will be located), Oceânico Old Course, Oceânico Millennium and Oceânico Laguna.

No other company on the Algarve can make such a jaw-dropping offer, one which is bound to rivet the attention of golf enthusiasts everywhere.

As a significant introductory offer, the first 50 executive properties registered for sale with Oceânico Real Estate will pay only 3per cent commission on completion of the sale.

Amendoeira Golf Resort – Clubhouse

All properties being sold through Oceânico Real Estate — whether beachfront, at the heart of a resort, even inland amongst the hills or perhaps already attached to a golf development — will give the buyer the strictly optional opportunity to pay a further €50,000 and have these prestigious seven golf course title linked to it. Annual fees will apply but include all green fees and use of most sporting and leisure facilities.

These golf title will be attached in perpetuity to the property, not to the owner, meaning that, whenever it is sold on, the golf titles stay with it. This in turn, brings an added value to the property, as the golf titles are sure to appreciate overtime. So, this fantastic incentive to the buyer will always be there, built into the very fabric of the property.

It is appropriate therefore that the opening of Oceânico Real Estate will be pre-launched with two golf days in order to bring golfers and property owners together in an environment where they can fully appreciate what is on offer.

So, if you are considering selling your high-end property join us at one of our golf open days, on August 23rd at the Oceânico Victoria Golf Course, and at Amendoeira's O'Connor Jnr. course on September 19th.

This will give you the opportunity to find out more information register your property and meet our experienced Real Estate team, plus enjoy a fantastic round of golf!

Incidentally, the €50pp* entry fee will be refunded if you list your property with Oceânico Real Estate.

For more details contact: Dawn Fortuna on +351 282 320 681 or e-mail: dawn.fortuna@oceanicogroup.com

*Terms & Conditions apply.

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Introductory sales commission of only 3% for the first 50 properties listed. Find out more by joining us at one of our golf open days.

Please visit **www.oceanicorealestate.com** or call **Dawn Fortuna** on **+351 282 320 681**

oceânico REAL ESTATE

Central Portugal expats lead protest against new motorway

Hundreds of people from central Portugal and beyond have signed a petition against the alleged construction of a new motorway between Tábua and Seia, which residents from those areas fear will destroy more than a thousand kilometres of REN Protected Nature Area and expropriate up to 800 people, both foreign and national.

The Minister for Transport and Public Works Mário Lino during a visit to the roadworks on the IC6 on the Catraia dos Poços and Coja intersections in Tábua on 15 July. (Photo: Lusa / Paulo Novais)

Petition organiser Marc Jansen told **The Portugal News**, "After years of hard work on our side, the Portuguese Government is planning to take everything away from us, to construct yet another unneeded motorway".

But despite learning about the rumoured motorway in 2006 and obtaining more concrete information of plans in January this year, until now the residents have struggled to attain any official confirmation of the motorway's construction or of its route, with Coimbra officials apparently refusing to consider the subject a matter of public interest.

"We were told by Coimbra authorities it is 'not public", Marc said. The stretch in question, the IC6 motorway, will reportedly be constructed with €1.2 billion of European funds and will pass through the towns of Tábua, Oliveira do Hospital, Lagos da Beira, and Seia. It is believed to include two tunnels in the Serra da Estrela region that will cost an estimated €600 million.

Concerned about the effects of its construction, should it go ahead, residents from those areas have launched a petition (www.peticao.com.pt/ic6) aimed at the Portuguese Government, Portugal's Parliament, the Department of Public Infrastructures and Estradas de Portugal (EP) to prevent its eventual realisation. The petition accuses all of the aforementioned entities (with the exception of Parliament) of "violating democratic rights, abuse of power, neglecting the wish of the majority, maladministration, planning to destroy Protected Nature Reserve (REN), and abusing European funds".

The petition also claims the entities "are obsessively building as many unnecessary roads as they can", and "are harming many of their own citizens".

Elaborating on the accusation of 'abuse of power', the petition reads "Although we requested further information, details, and so on, the Department of EP in Coimbra refuses to inform us. The only information we got is that a lot of houses will be demolished and a lot of land will be expropriated, so a lot of people are very insecure and worried about what will happen. There is a big panic amongst the people, but they don't know what to do about it. This is not the way to treat citizens!"

It further states 80 percent of the project will pass through protected REN-areas (nature reserves), home to a widely diverse amount of animals, plants and trees, including "Oaks and Chestnuts, ancient vineyards, countless under and above ground water springs, even swamps", which "attract many national tourists, as well as foreigners (mostly English and Dutch) who invest in rundown farms here to restore them thus making small paradises".

"Lots of protected animals, like the Portuguese Eagle, are being threatened by above plans" the petition states.

A car-count carried out by the petitioners reportedly showed that "no more than 1,400 cars a day (24 hours) use this road". It concluded "It is therefore ridiculous to invest €1.2 billion in a devastating project that doesn't bring any improvement to a problem that doesn't exist. Here too there has been no research whatsoever regarding the necessity [for a motorway]". So far nearly 500 people have signed the petition, which has had no official response from any of the entities at which it is aimed.

As Marc Jansen explained, "We don't know if this is happening for sure and if so when it will start.

"My wife and I were planning to build a house here and now we have put that plan on hold as we don't know if next month or in five years time we will be expropriated".

Of his Portuguese counterparts he reasoned "The poorer farmers don't have the ability to react and many are still very afraid of the Government. Salazar's regime is still very much felt here".

In a statement sent to **The Portugal News**, Estradas de Portugal (EP) confirmed that various extensions to the IC6 Catraia dos Poços/ Variante de Tábua motorway, which is currently under construction, are being planned. It was further explained that, while preferred routes have already been put forward for initial assessment, EP has strictly followed legislation concerning all aspects relating to road building and is awaiting the issuance of a definitive Environmental Impact Declaration.

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